Geel 2000 Language Schools

Science Department

Discover

Primary (3)

First term

(2025 – 2026)

Discover

Discover

Discover

Discover

Name:..

Class:..

Lesson 1

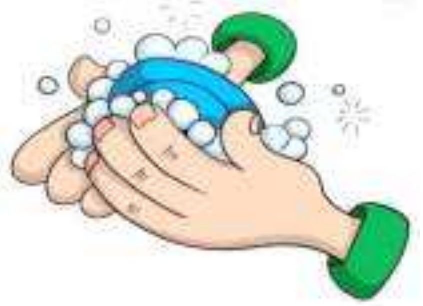
Making a healthy body

When we choose the healthy habits, we make healthy mind and body.

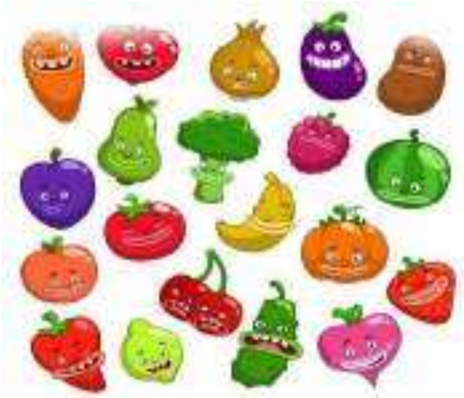
Healthy and unhealthy habits

Healthy habits

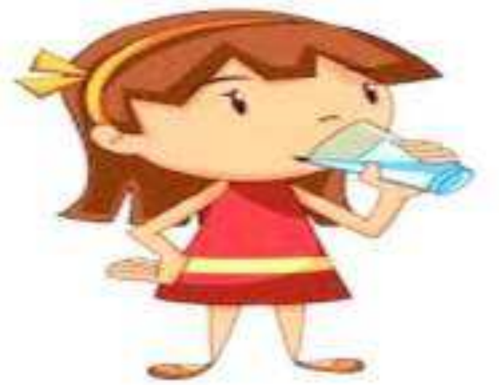
- **Washing hands.**



- **Eating fruits and vegetables.**



- **Drinking water.**



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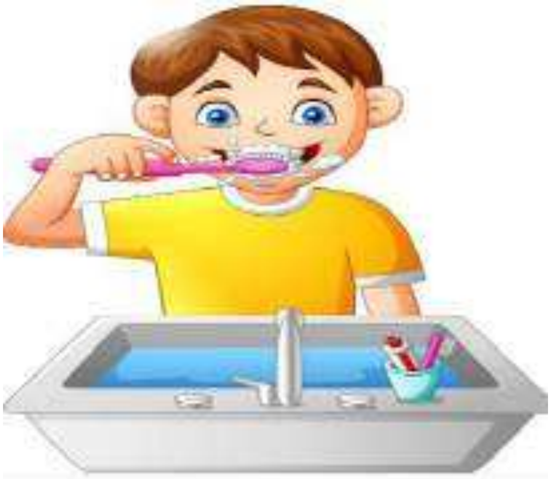
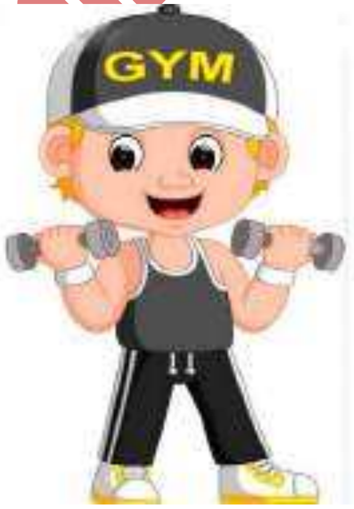
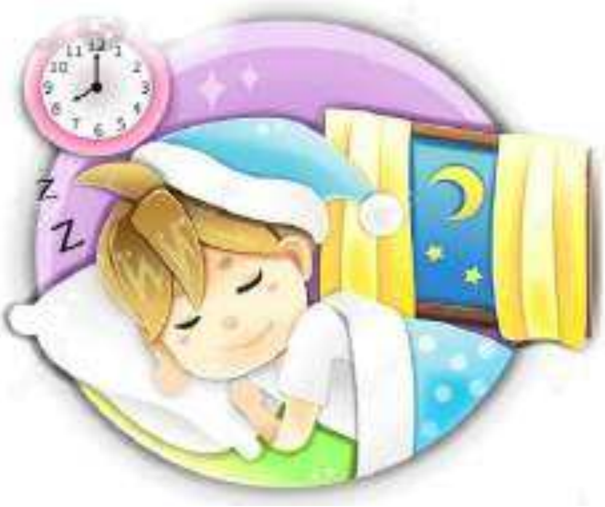
- **Brushing teeth.**



- **Exercising and being active.**

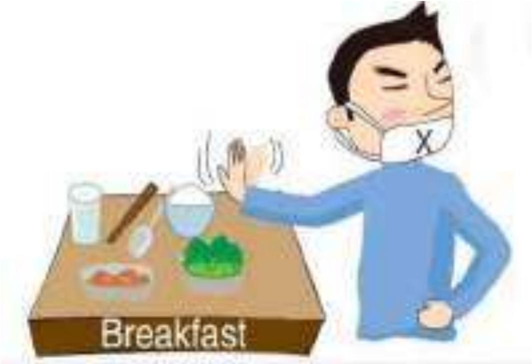


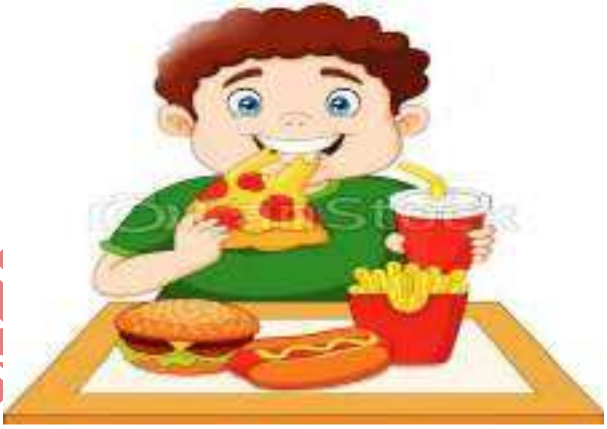
- **Sleeping early.**



Unhealthy habits

- Skipping breakfast.





- Eating junk food.

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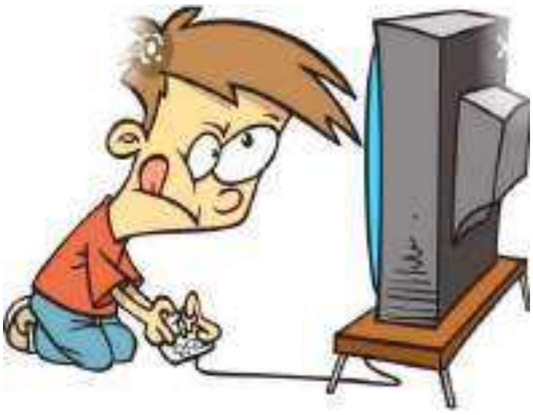
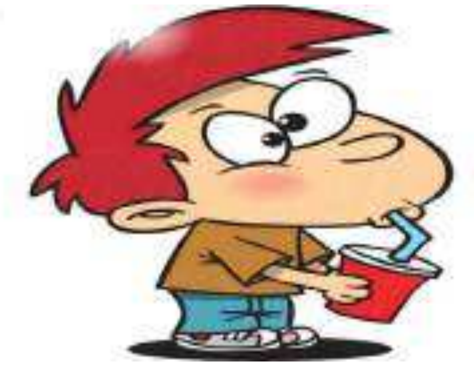
- Playing video games all day.



- Drinking soda.



What will happen when we choose unhealthy habits?

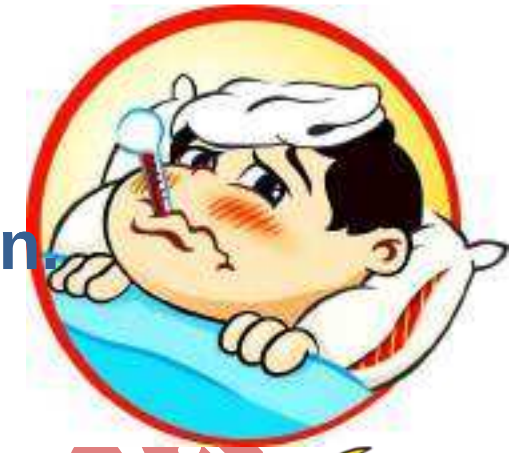
+
=
healthy body
healthy mind
happy human!

- Getting sick more often.

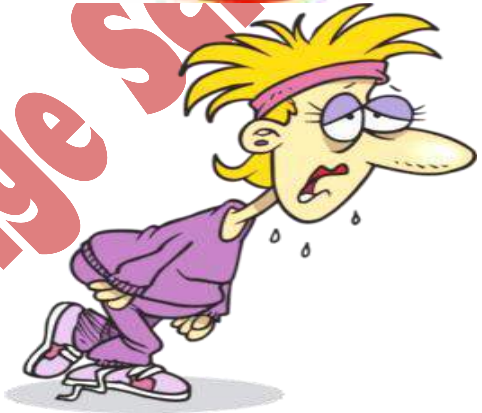
- Getting out of mood.

- Being lazy.

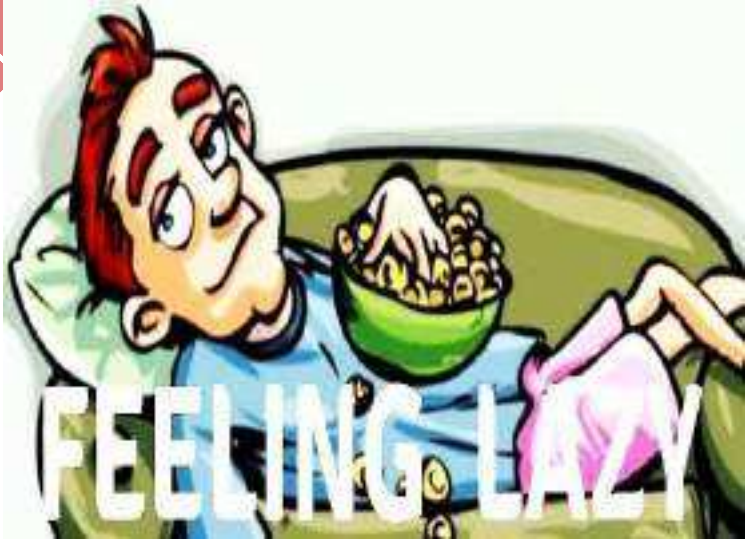
What will happen when we choose unhealthy habits?



- Getting sick more often.



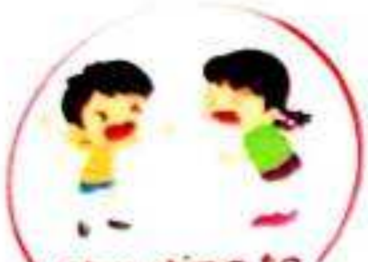
- Getting out of mood.


FEELING LAZY

- Being lazy.

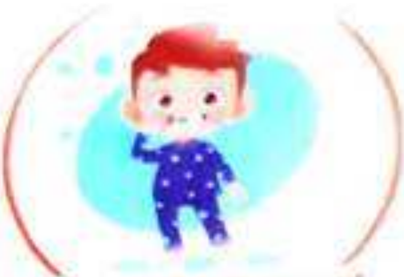
Worksheet

Draw ☺ for the healthy choices and ☹ for the unhealthy choices:



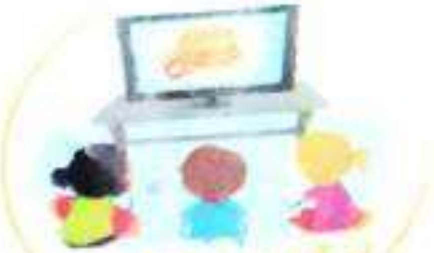
Shouting to each other

○



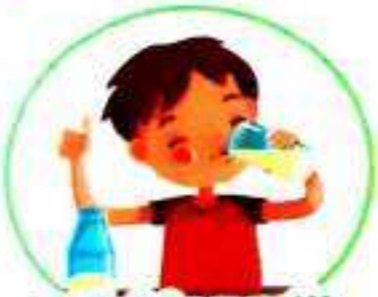
Brushing teeth

○



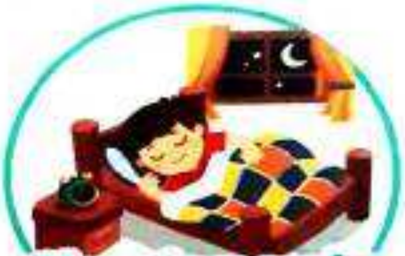
Watching T.V all day

○



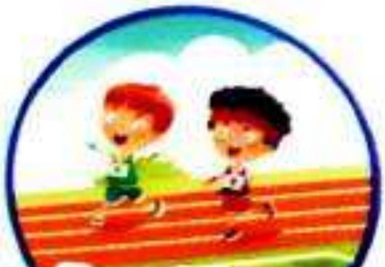
Drinking milk

○



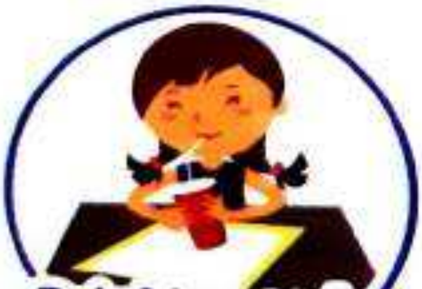
Sleeping early (10 to 12 hours)

○



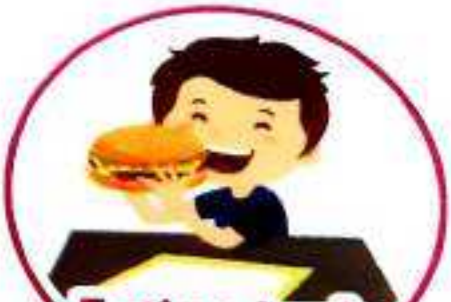
Exercising (being active)

○



Drinking soda drinks

○



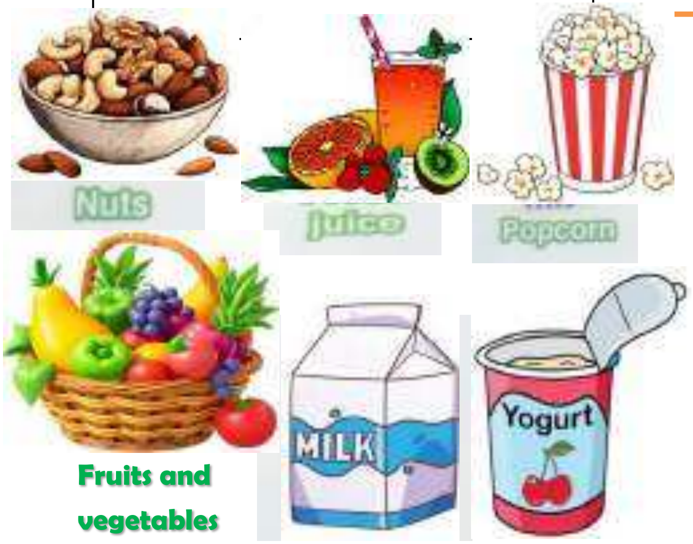
Eating junk food every day

○

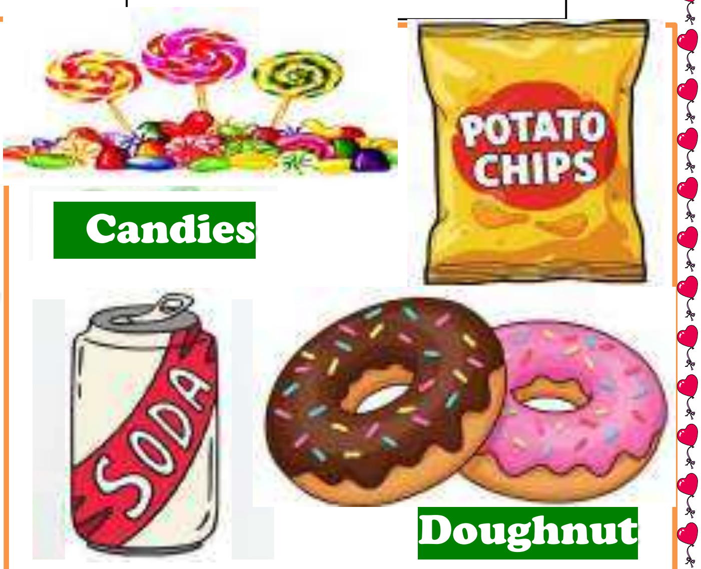
Lesson (2)

Healthy and unhealthy food:

Healthy food


Nuts
Juice
Popcorn
Fruits and vegetables
MILK
Yogurt

Unhealthy food


Candies
POTATO CHIPS
SODA
Doughnut

1- I will choose ………, …………, ………… as they healthy.

2- I will not choose ………., ………., …………… as they unhealthy.

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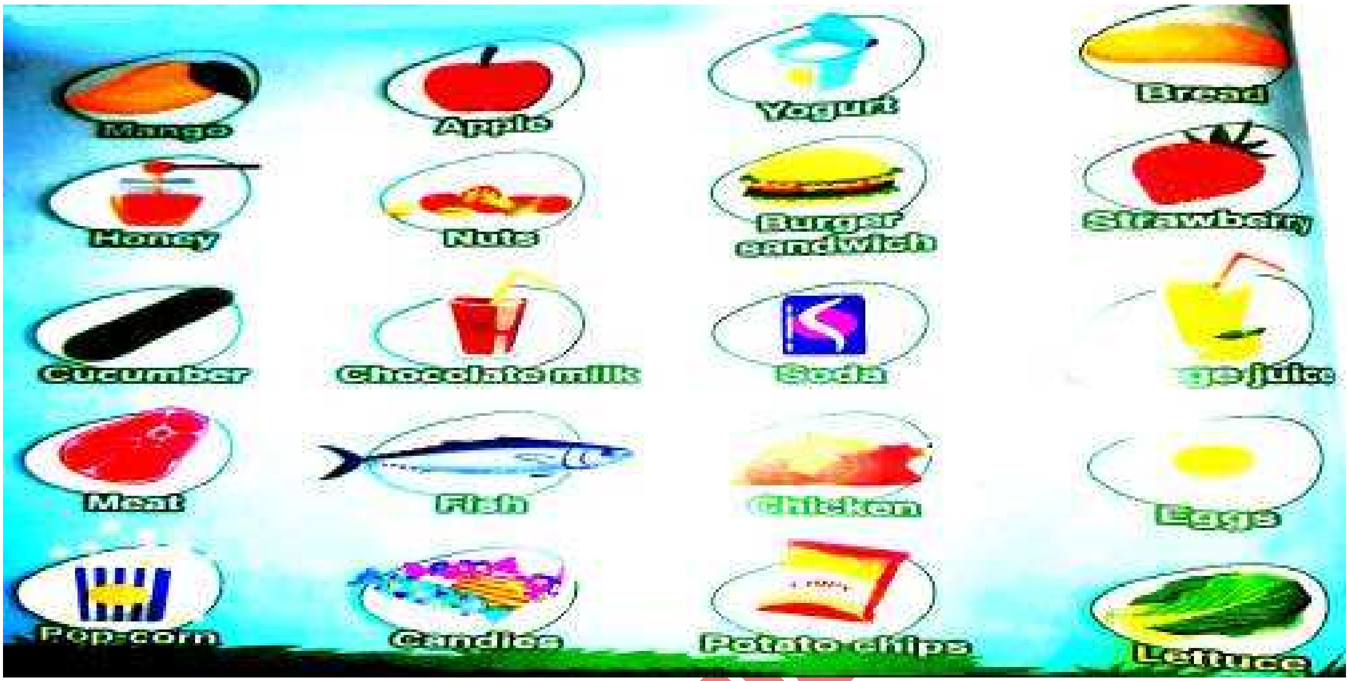
Worksheet

Sort the food below into the category lists:


Mango
Apple
Yogurt
Bread
Honey
Nuts
Burger sandwich
Strawberry
Cucumber
Chocolate milk
Soda
ge juice
Meat
Fish
Chicken
Eggs
Pop-corn
Candies
Potato chips
Lettuce

Sweet

………..

………

……….

Not sweet

…………

…………

…………

Healthy

………..

………..

………...

Unhealthy

………..

………..

………...

l 200 Langu

My Diet

Diet has two meanings:

- To lose weight.
- Or the food we eat regularly which includes the amounts and types of food we eat.

Nutrients

- Nutrients are the elements found inside our food.
- Nutrients give our bodies the energy.

Worksheet

✸ *Write the scientific term using the following words :*

(Diet – Nutrient)

1- The food we eat regularly. (… ………………)

2- Elements found inside food. (……………………)

✸ *Complete using the following words.*

(Bread - Yogurt – Energy - Butter – Meat –

energy –Pasta - calcium - iron)

1- Nutrients give us …………………

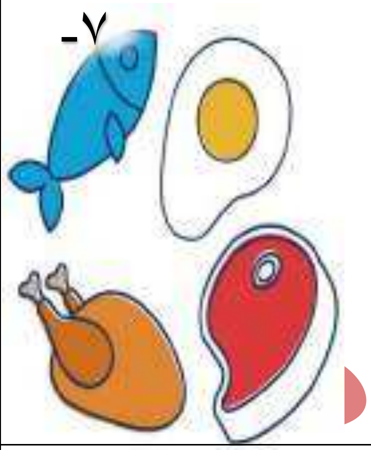
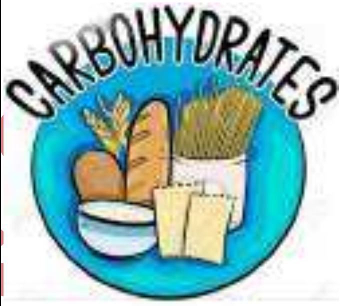
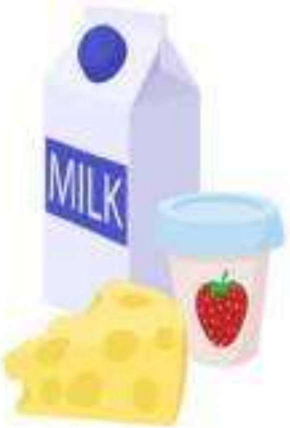
2- Proteins like ……………………..make our muscles stronger.

3- ………………and ………………….are fats.

4-……………………..and………….are carbohydrates.

5- We found ……………..in milk which make our bones stronger.

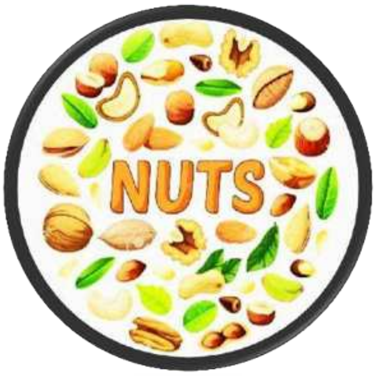
6- We eat broccoli to get ……………………..which transport oxygen from lungs to the body.

Proteins	Meat, poultry, Fish, dry beans, eggs and nuts.	Make our muscles stronger.	-٧ 
Carbohydrates	Bread, cereal, rice and pasta	Give us energy	
Fats	Milk, yogurt, cheese, butter and oil.	Give us energy and also important for the brain.	

Worksheet

Complete using the given words:

Carbohydrates – Proteins – Fats



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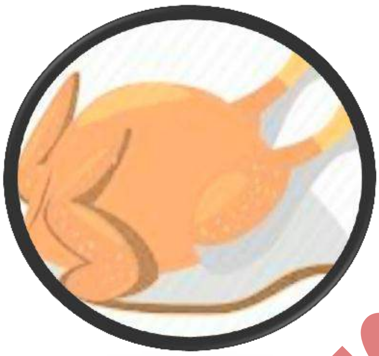

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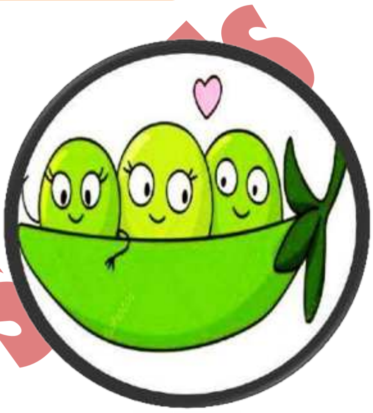

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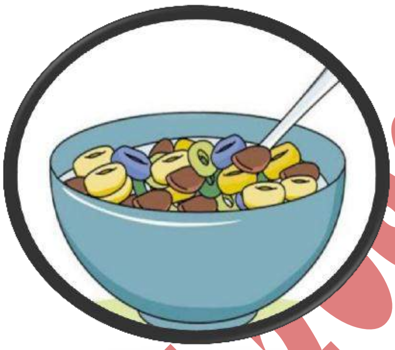

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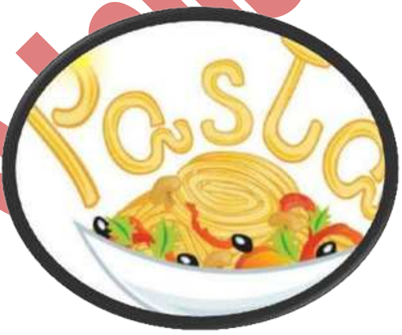

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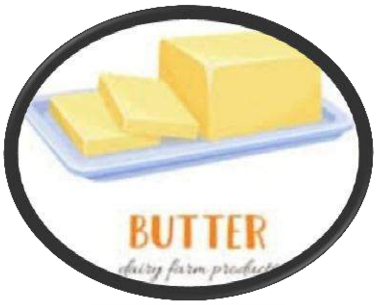
BUTTER
dairy farm products

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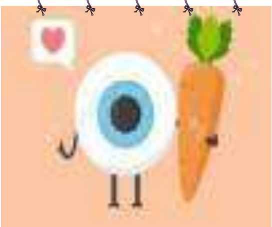
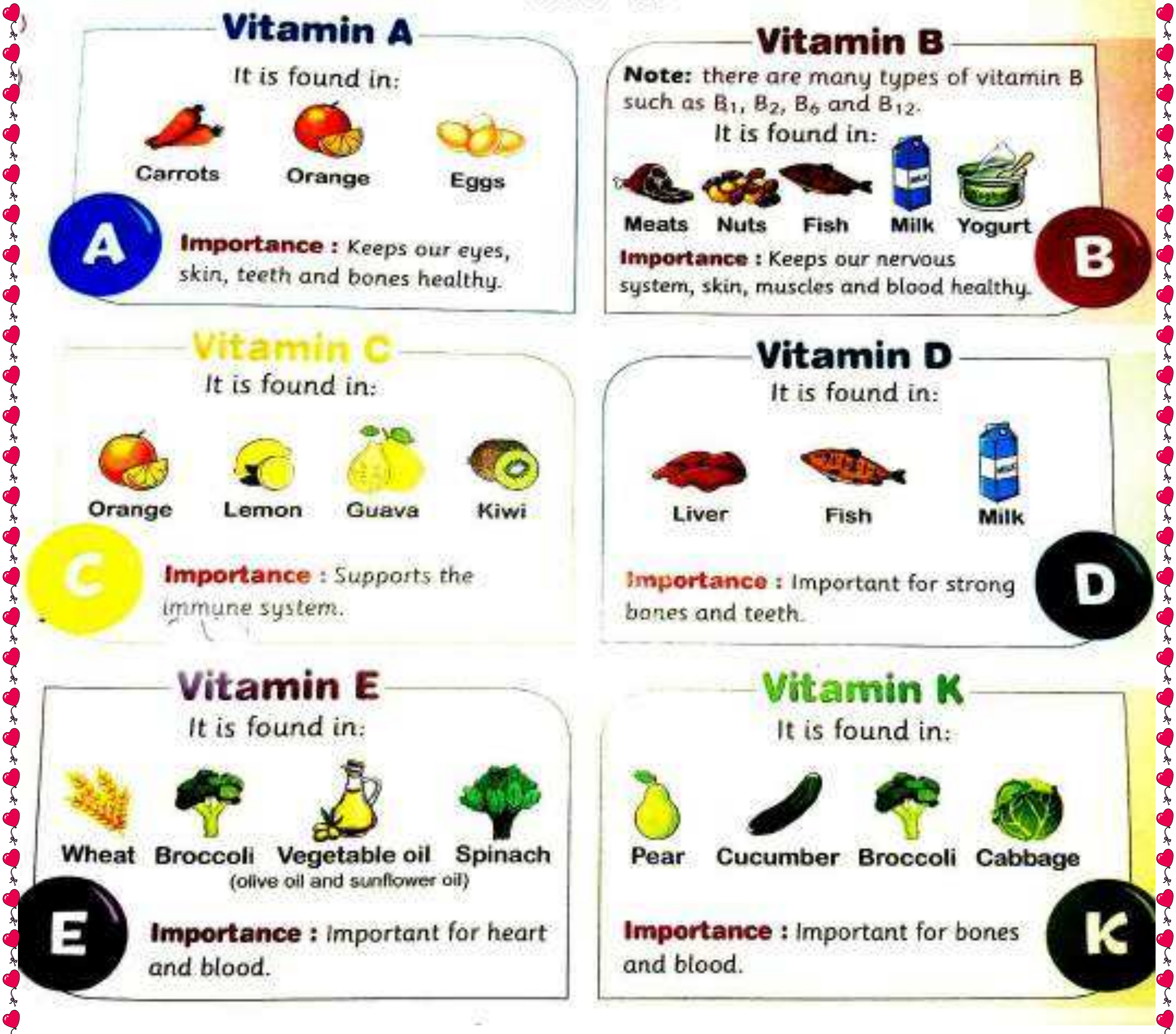


Lesson (4)

Vitamins and Minerals

Vitamins: They are important nutrients that the body needs in small amounts for normal growth and nutrition.



Vitamin A

It is found in:

Carrots Orange Eggs

Importance : Keeps our eyes, skin, teeth and bones healthy.

Vitamin B

Note: there are many types of vitamin B such as B_1, B_2, B_6 and B_{12}.

It is found in:

Meats Nuts Fish Milk Yogurt

Importance : Keeps our nervous system, skin, muscles and blood healthy.

Vitamin C

It is found in:

Orange Lemon Guava Kiwi

Importance : Supports the immune system.

Vitamin D

It is found in:

Liver Fish Milk

Importance : Important for strong bones and teeth.

Vitamin E

It is found in:

Wheat Broccoli Vegetable oil (olive oil and sunflower oil) Spinach

Importance : Important for heart and blood.

Vitamin K

It is found in:

Pear Cucumber Broccoli Cabbage

Importance : Important for bones and blood.

Worksheet

✸Write the important of the following:

1-Vitamin (A)

……………………………………………………………………………………

2-Vitamin (K)

……………………………………………………………………………………

3-Vitamin (C)

……………………………………………………………………………………

4-Vitamin (B)

……………………………………………………………………………………

5-Vitamin (D)

……………………………………………………………………………………

6-Vitamin (E)

……………………………………………………………………………………

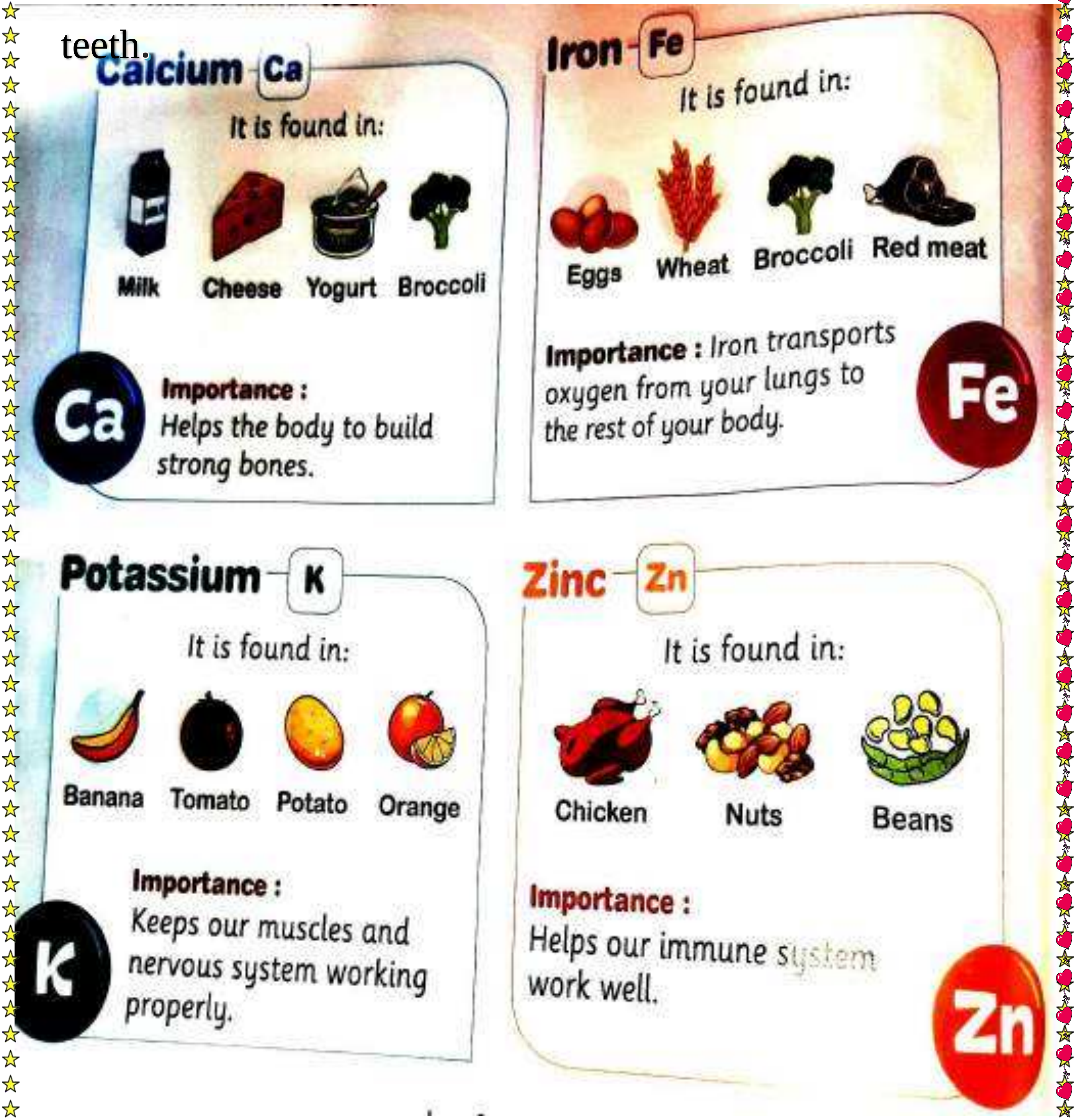
✸Write the scientific term:

1-Important substance that the body need for good healthy. (………………….)

2- Important nutrient that the body need in small amount for normal growth. (……………….)

Minerals: They are important substances that the body needs for good healthy by forming strong bones and teeth.

that the body needs for good healthy by forming strong



Calcium Ca

It is found in:

Milk Cheese Yogurt Broccoli

Importance : Helps the body to build strong bones.

Iron Fe

It is found in:

Eggs Wheat Broccoli Red meat

Importance : Iron transports oxygen from your lungs to the rest of your body.

Potassium K

It is found in:

Banana Tomato Potato Orange

Importance : Keeps our muscles and nervous system working properly.

Zinc Zn

It is found in:

Chicken Nuts Beans

Importance : Helps our immune system work well.

Worksheet

Tick (✓) the correct answer:

1-Pineapple, lemon and peach are rich in vitamin …….

☐C ☐E ☐K

2- Carrots are rich in vitamin ……..., which is good for our eyes.

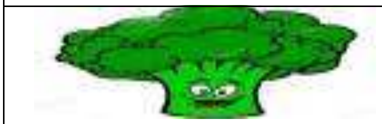
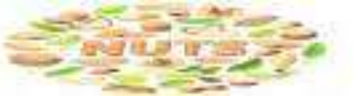
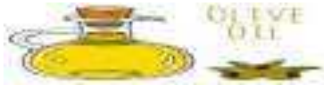
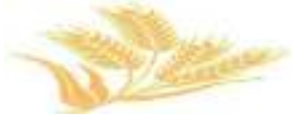
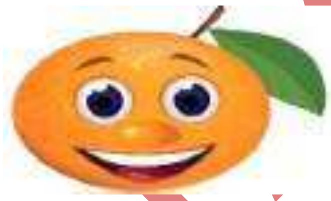
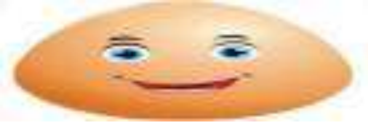
☐C ☐E ☐A

3- Milk is rich in ………. mineral, which is good for our bones.

☐Iron ☐Manganese ☐Calcium

Worksheet

Check out the foods you have by putting (✓) on the nutrients we can find in each of them.

	Carbohydrates	Fats	Proteins	Vitamins	minerals
 Broccoli					
					
 Vegetable oil					
 Wheat					
 Orange					
 Egg					

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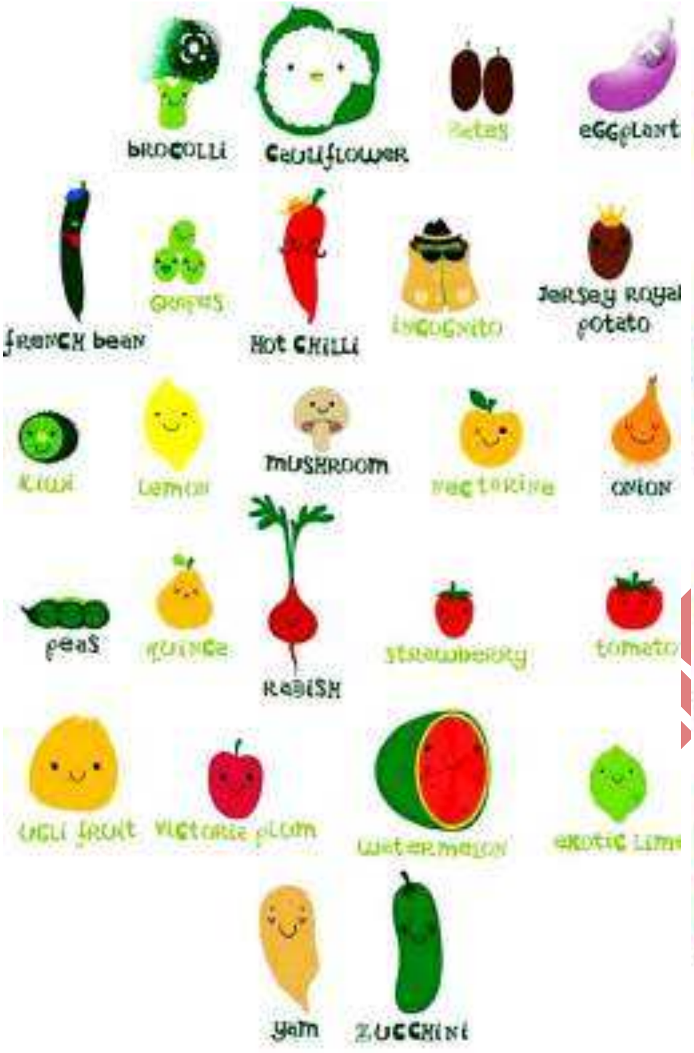
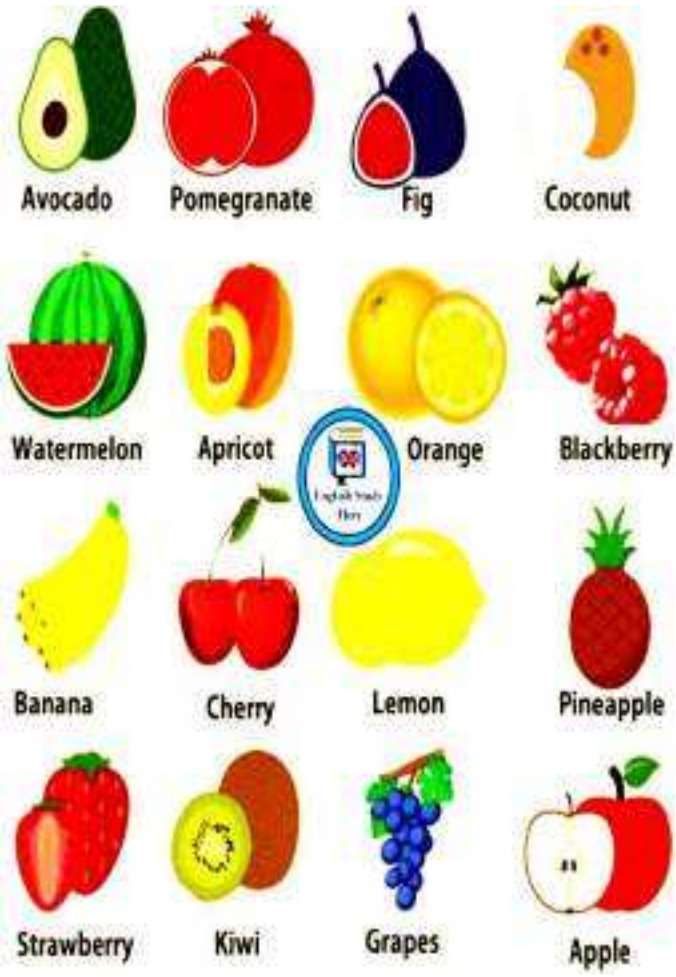
Worksheet

Sort each of the following fruits and vegetables according to color:


broccoli
cauliflower
dates
eggplant
french bean
grapes
Hot chilli
incognito
Jersey royal potato
kiwi
lemon
mushroom
nectarine
onion
peas
quince
radish
strawberry
tomato
ugli fruit
victoria plum
watermelon
exotic lime
yam
zucchini


Avocado
Pomegranate
Fig
Coconut
Watermelon
Apricot
Orange
Blackberry
Banana
Cherry
Lemon
Pineapple
Strawberry
Kiwi
Grapes
Apple

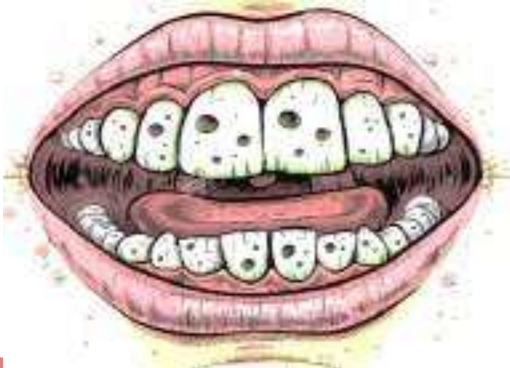
Red	Orange	Yellow	Green	Blue/Indigo	violet

Lesson (6)

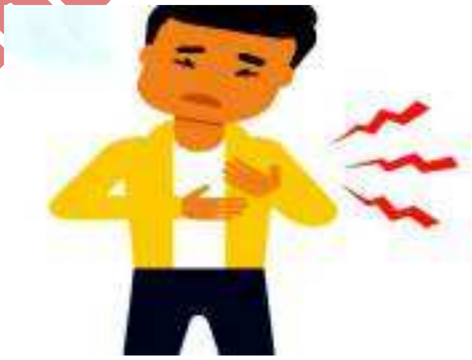
How much sugar?

- We must eat sugar to get energy that we need.
- Eating too much sugar cause some bad effects to our bodies.

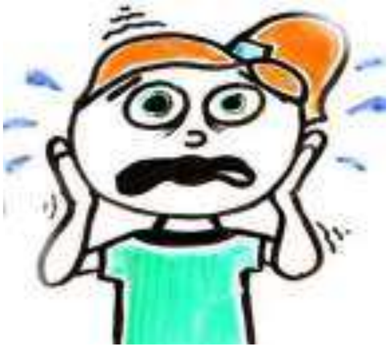
Effect of extra sugar:



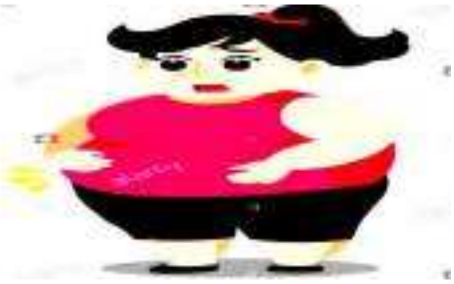
1- Causes tooth decay.



3- Adding stress to our hearts.



4- Feeling jumpy and nervous.



5-**Gaining unhealthy weight.**

Worksheet

Tick (✓):

1-Eating extra sugar causes bad effects to our bodies. ☐

2-We should stop eating extra sugar. ☐

3-Eating extra sugar makes us feel happy. ☐

4-Eating extra sugar makes us gain weight. ☐

5-Eating extra sugar adds stress to our hearts. ☐

6-Eating extra sugar causes tooth decay. ☐

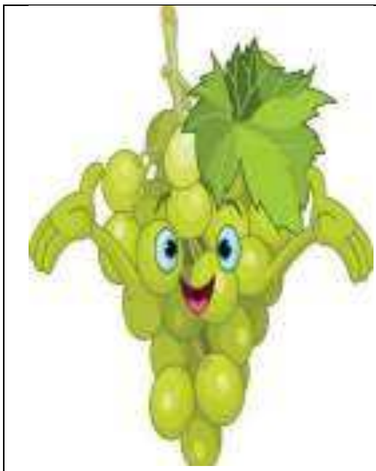
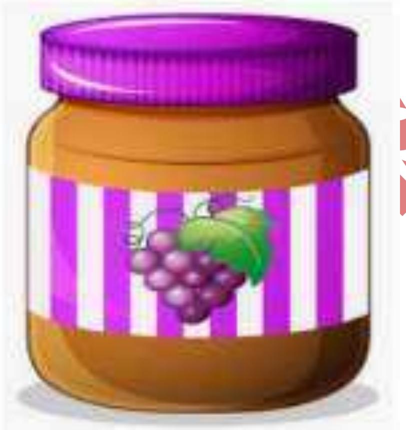
Give reason for:

We should eat sugar in small amount.

……………………………………………………….

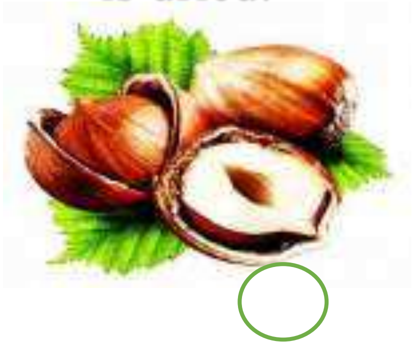
Lesson (7)

Processed food & fresh food and dried food

		
Fresh grapes	**Dried grapes**	**Processed grapes**
Natural sugar	**Natural sugar**	**Extra sugar is added**
Lots of nutrients	**Lots of nutrients**	**Some nutrients are removed**
Contain water	**Dried in the sun “lose water”**	**Contain water**

Worksheet

Color the circle in red if the food is processed and in green if the food is fresh and in blue if the food is dried.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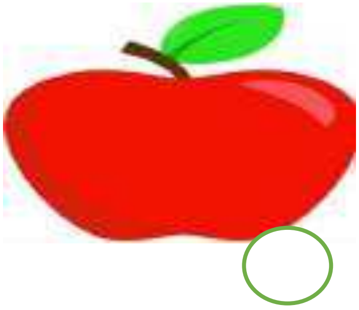
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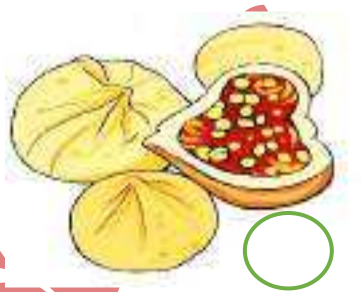
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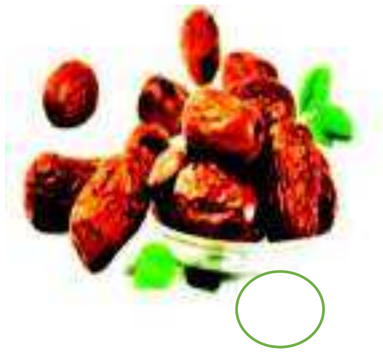
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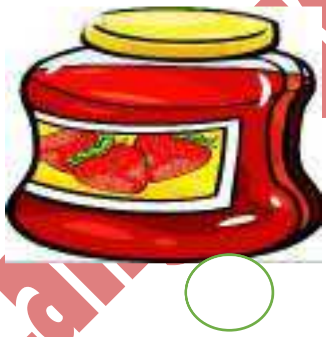
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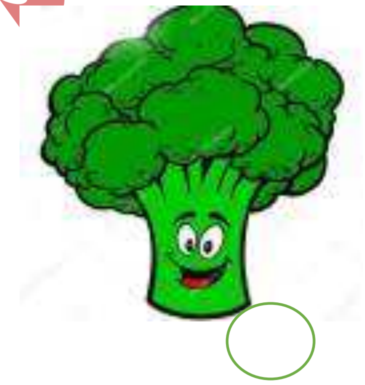
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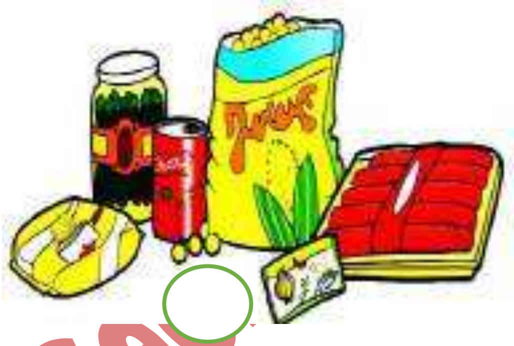

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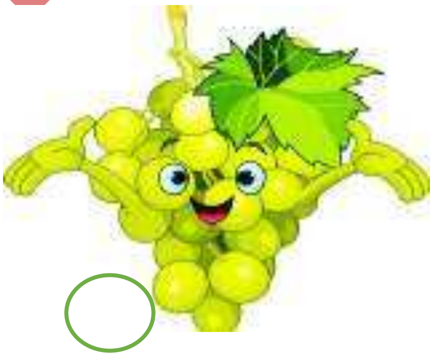
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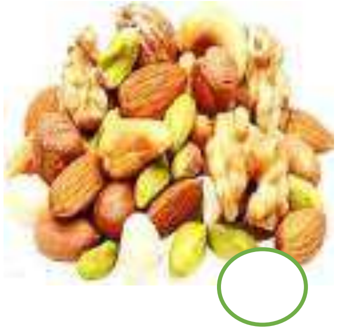
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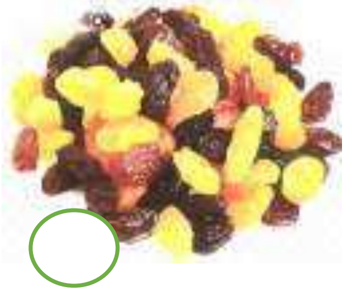
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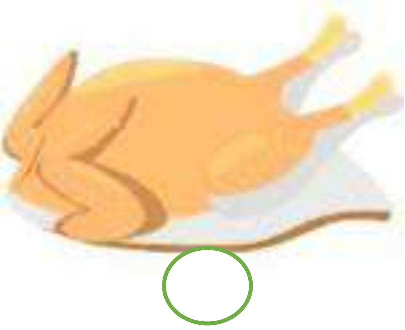
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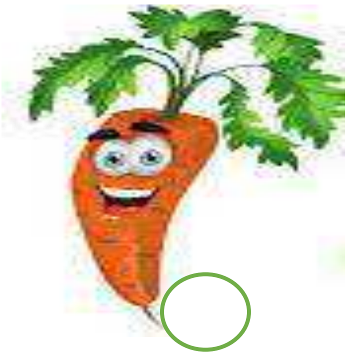

○

Put (✓) or (✗):

1- Fresh peach have more nutrients. ( )

2- Fresh grapes have extra sugar. ( )

3- Dried grapes contain water. ( )

4- Processed grapes have natural sugar. ( )

German Language Schools

Lesson (8)

How to read nutrition facts?

1- Serving size Is the amount of food a person would normally eat at one time.

2-Calories/ energy

The amount of energy in one serving of packaged food.

3- Limit these nutrients:

It is important to limit fats.

4- Quick guide to percent Daily value (DV%)

5%or less

Get enough of these nutrients: these nutrients help to keep our bodies strong and healthy.

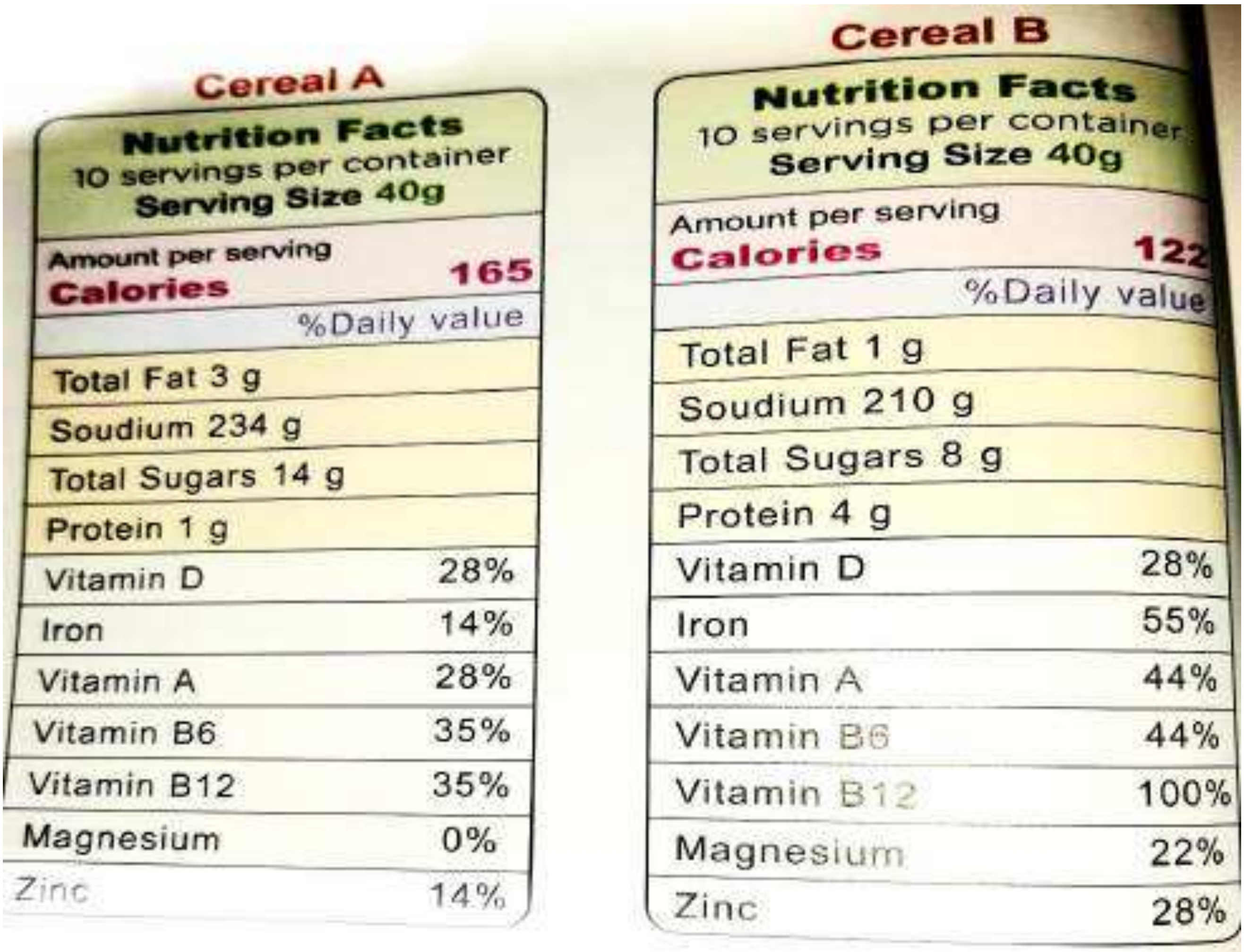
Nutrition facts	
4 serving per container Serving size 1 cup (227g)	
Amount per serving 280 Calories	
	Daily value %
Total fat 9g	12%
Saturated fat 4.5 g	23%
Trans fat 0g	0%
Cholesterol 35 mg	12%
Sodium 850 mg	37%
Total carbohydrate 34g	12%
Dietary fiber4g	14%
Sugars 6g	14%
Protein 15g	
Vitamin D 0 mcg	0%
Calcium 320mg	25%
Iron 1.6 mg	8%
Potassium 510mg	10%

The Daily value %(DV)tells you how much of each nutrient is in one serving.

Language

Worksheet

Look at the nutrition labels of two different breakfast cereal record the amount of nutrients in the table below, then answer the questions:



Cereal A

Nutrition Facts
10 servings per container
Serving Size 40g

Amount per serving	
Calories	**165**
	%Daily value
Total Fat 3 g	
Soudium 234 g	
Total Sugars 14 g	
Protein 1 g	
Vitamin D	28%
Iron	14%
Vitamin A	28%
Vitamin B6	35%
Vitamin B12	35%
Magnesium	0%
Zinc	14%

Cereal B

Nutrition Facts
10 servings per container
Serving Size 40g

Amount per serving	
Calories	**122**
	%Daily value
Total Fat 1 g	
Soudium 210 g	
Total Sugars 8 g	
Protein 4 g	
Vitamin D	28%
Iron	55%
Vitamin A	44%
Vitamin B6	44%
Vitamin B12	100%
Magnesium	22%
Zinc	28%

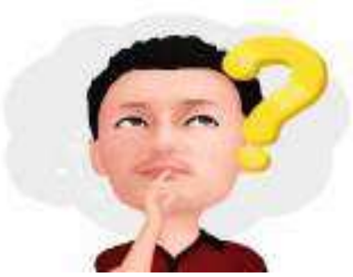
Breakfast cereal	Total fat	Total sugars	protein
Cereal A			
Cereal B			

Geel Z

- Which cereal is more healthy?...
- Which cereal is less healthy?..
- Which cereal would you choose for your breakfast? and why?

I will choose cereal ………………………………………………

Because……………………………………………………………



Lesson (9)

Keeping food cold

Do you know how food was stored in the past & nowadays?

◈*In the past (no electricity)*

zeer pot

- ◈ **It is made from (2) ceramic pots, inside each other.**
- ◈ **There is a space between them is filled with sand and water.**

How does it work?

-When water evaporates from the sand, it takes the heat away.

-This acts to cool the inside of the pot, to preserve the food inside.

(Zeer pot works best in breezy area with dry air)

◈*Nowadays (electricity) :*

Refrigerator

-It is a type of containers that works with electricity.

-It keeps the food inside it cold.

Worksheet

Complete using the following words:

(refrigerator – zeer pot -containers- electricity – store – breezy – dry)

1-………………is made from 2 ceramic pots, one inside the other.

2- Nowadays,we use……………..to store food.

3-We use…………… to make refrigerators work.

4-Refrigerator is a type of…………….used to……………… food.

5-Zeer pot gives the best cooling results when it is kept in……………… area with…………… air, or in shadow.

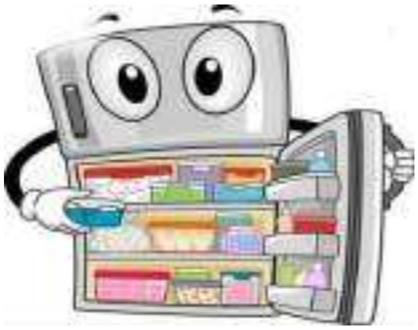
Give reason

◈ In the past people used zeer pots to keep food cold.

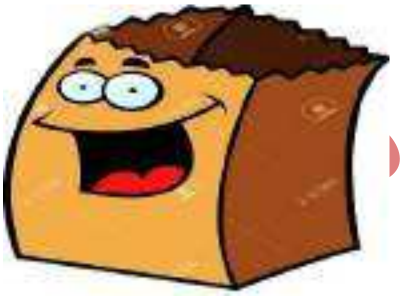
……………………………………………………………………

Worksheet

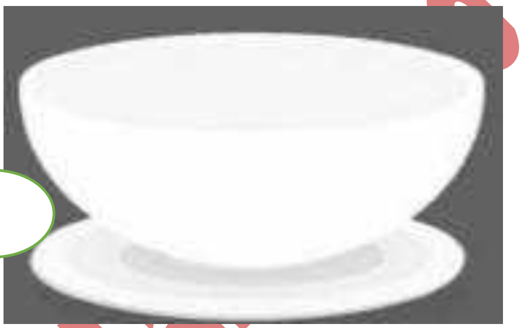
Put (✓) beside the picture that you think it is a good way to keep our food cold.



Refrigerator ○

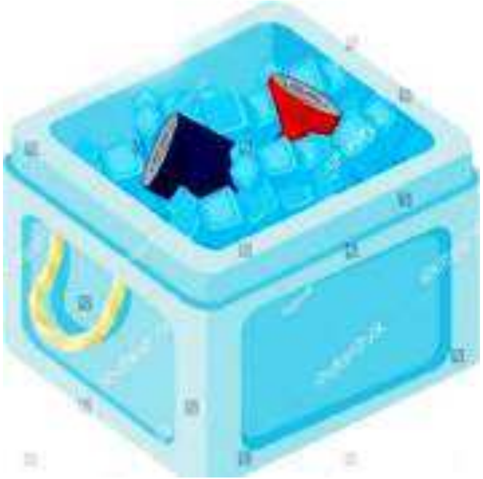


Paper bag ○



Glass dish ○

Zeer pot ○



Ice box ○

Lesson (10)

Are these Plants Healthy?

1- Healthy plants:

1-Plant is colorful.

2-Plant stands tall and firm.

3-Plant is healthier.

2- Unhealthy plants:

1-Plant is dull.

2-Plant looks wilted or limp.

3-Plant is unhealthy.

Worksheet

Put (✓) or (×):

1-Healthy plant is colorful.

( )

2-Unhealthy plant stands tall and firm.

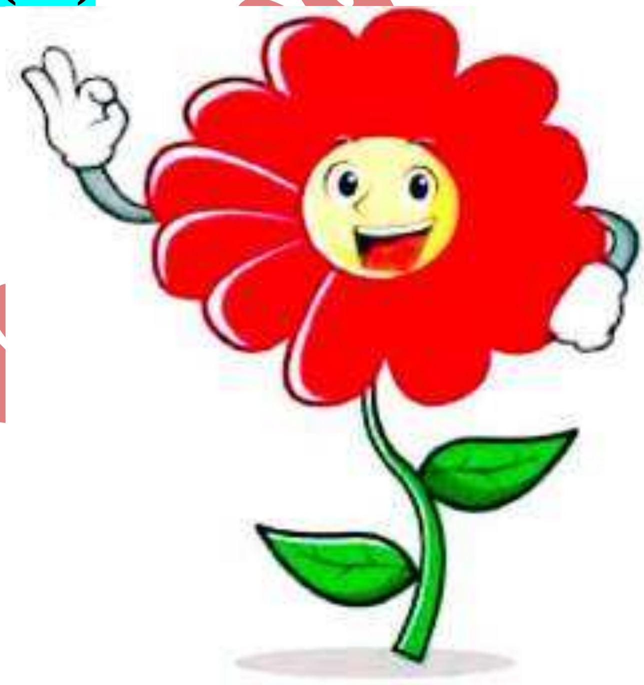
( )

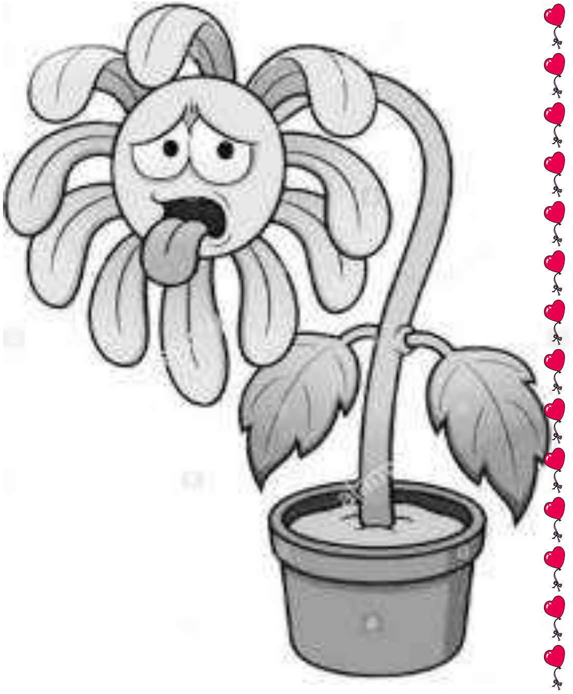
3-Water is important for plants to stay healthy.

( )

4-Unhealthy plant is dull.

( )





Lesson (11)

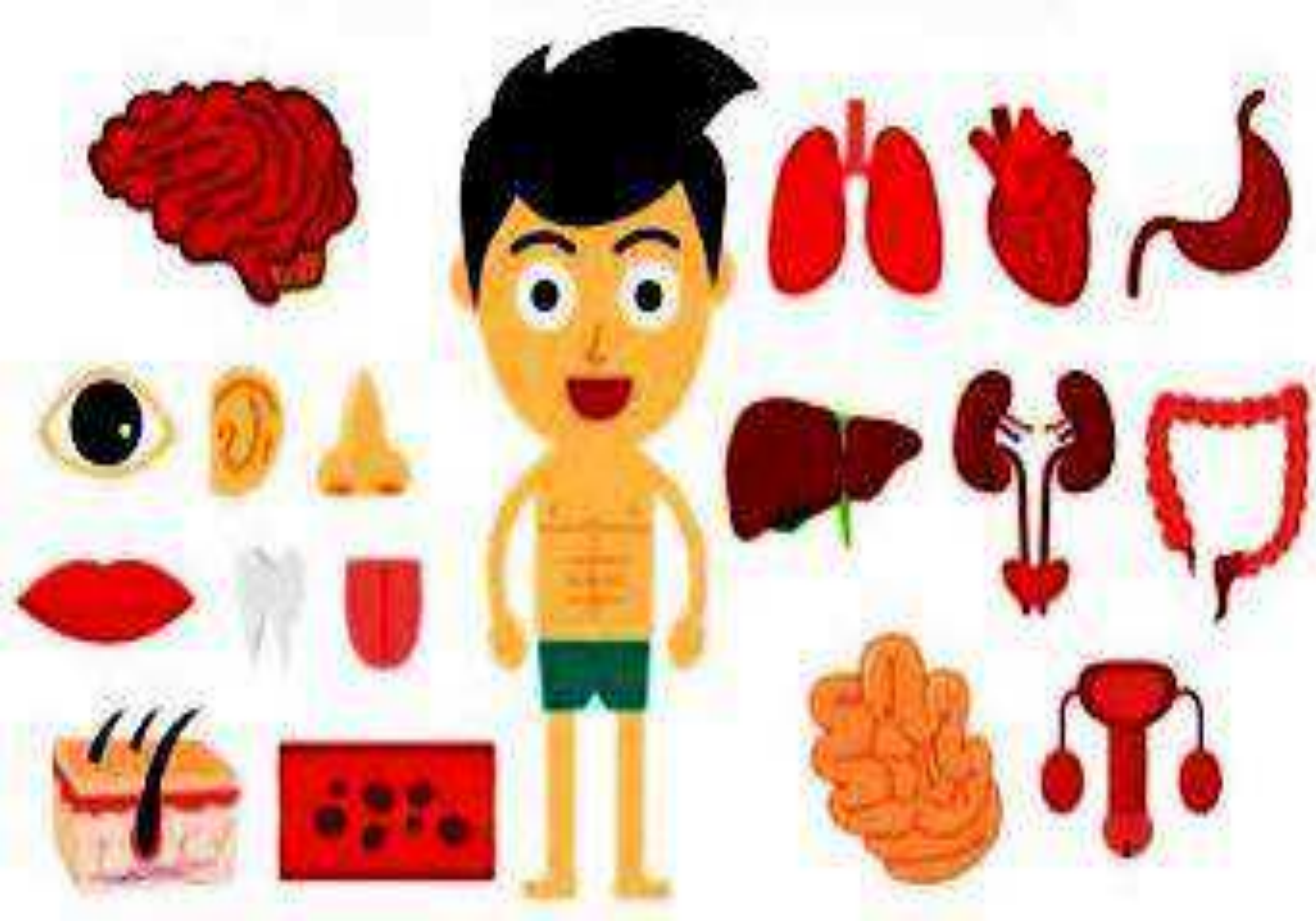
The Human Body

Body parts (organs)

Seen

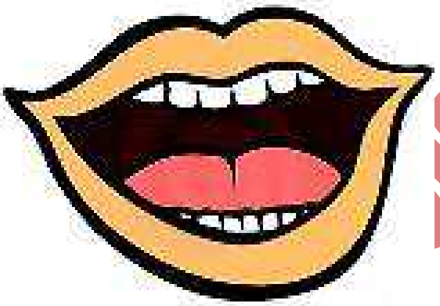
Unseen

Schools

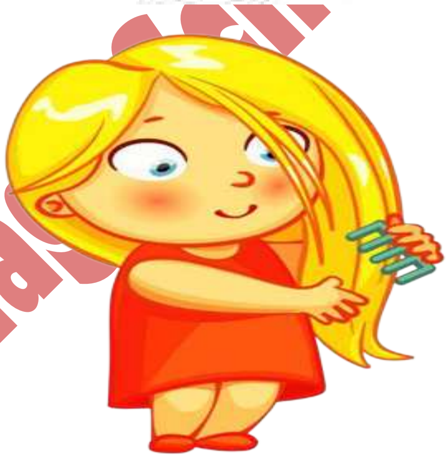


Seen parts

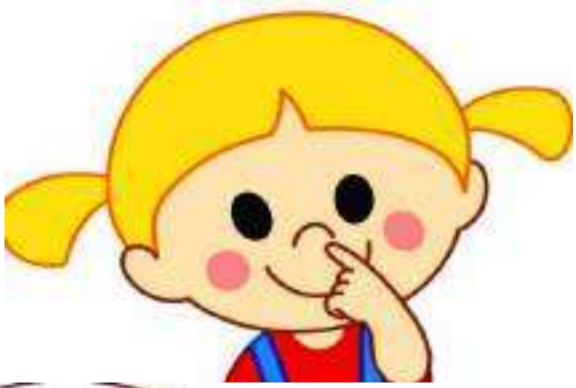
- **Mouth.**



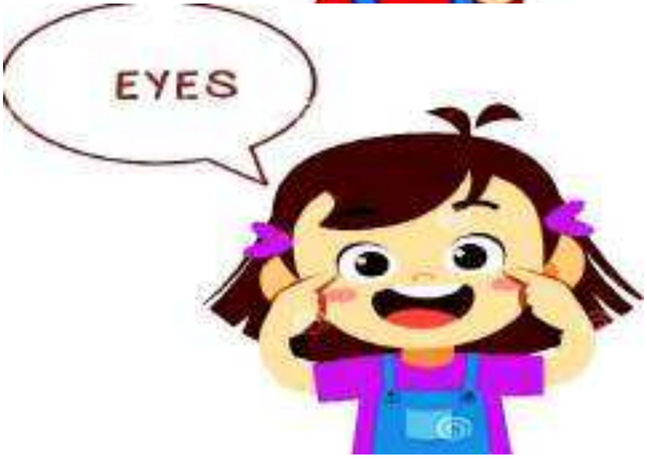
- **Hair.**



- **Nose.**



- Eyes.

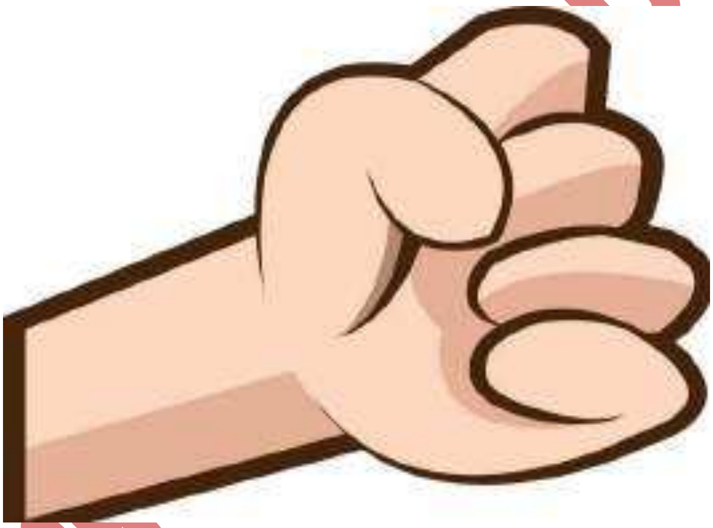


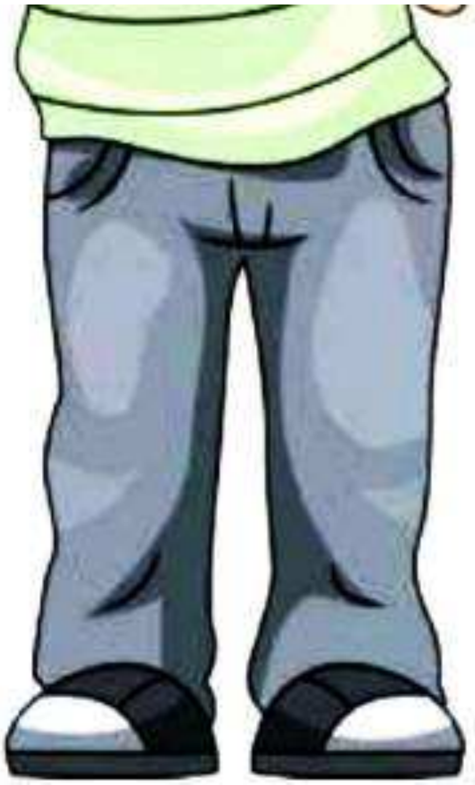
- Skin.

(Largest organ in the human body)

- Hands

.

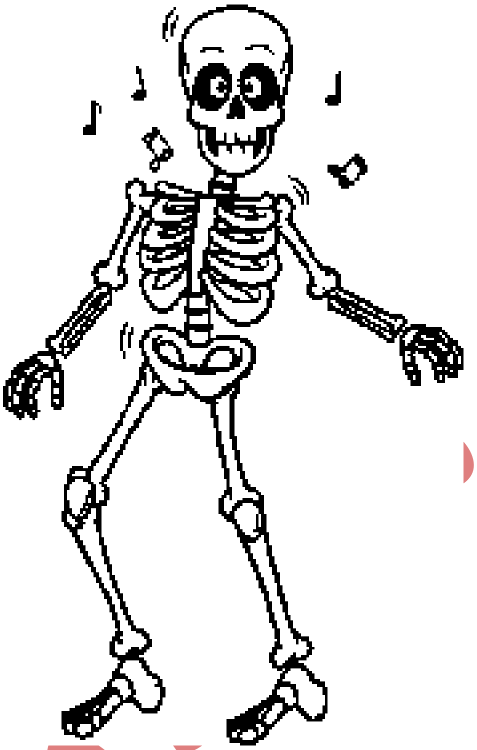




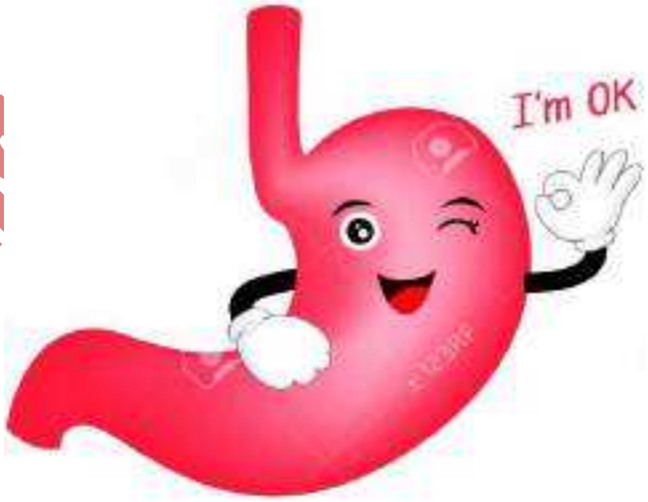
- Legs.

Unseen parts

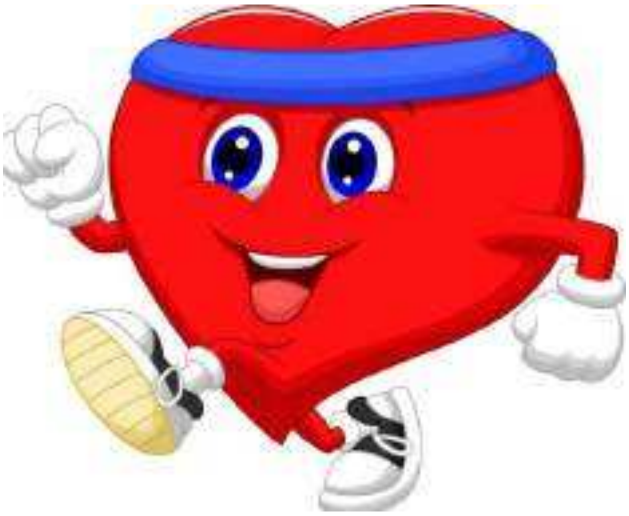
- Bones.



- Stomach.

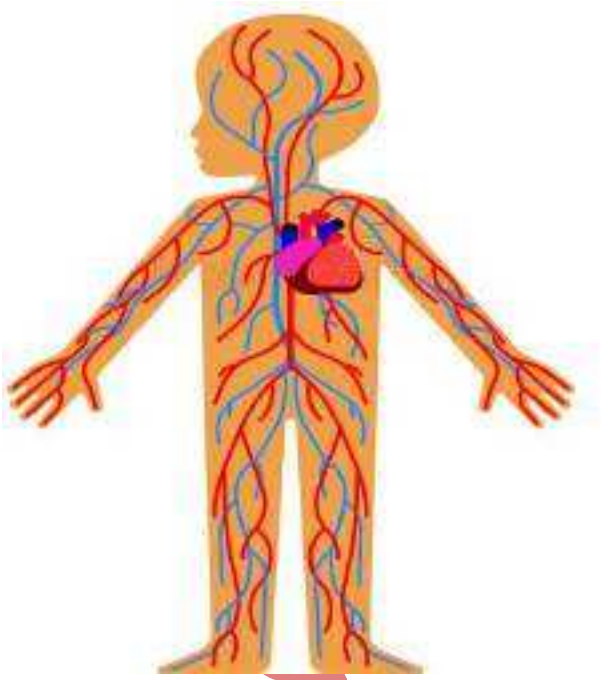


- Heart.



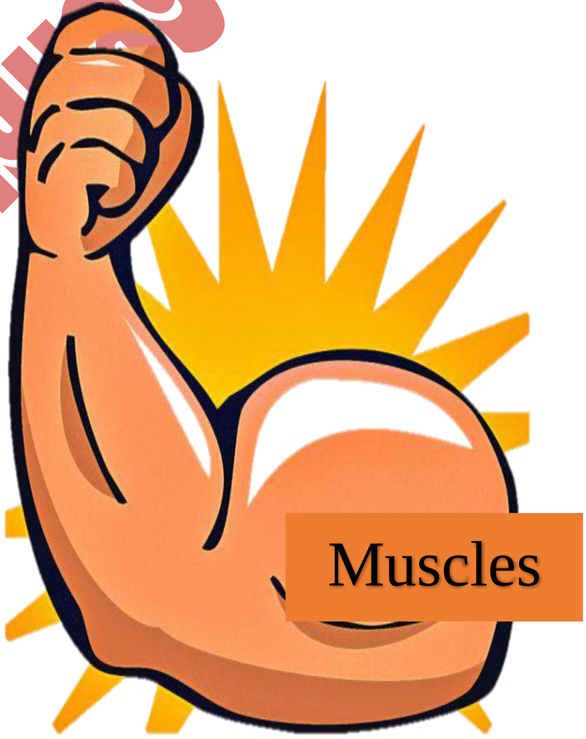
Geel 2000 Lang

- Veins.



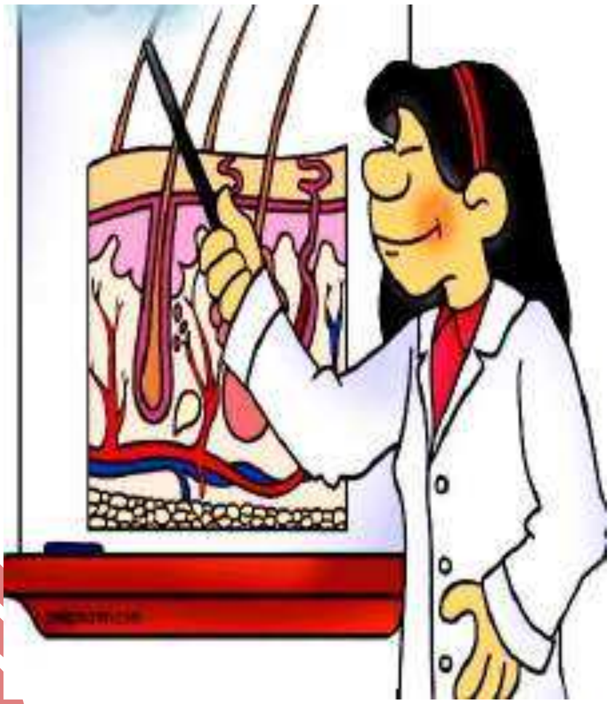
- Muscles

-



Lesson (12)

The Skin



- Our skin protects us.
- Skin is the largest organ in our body (weigh 4 kilograms).

How does skin protect us?

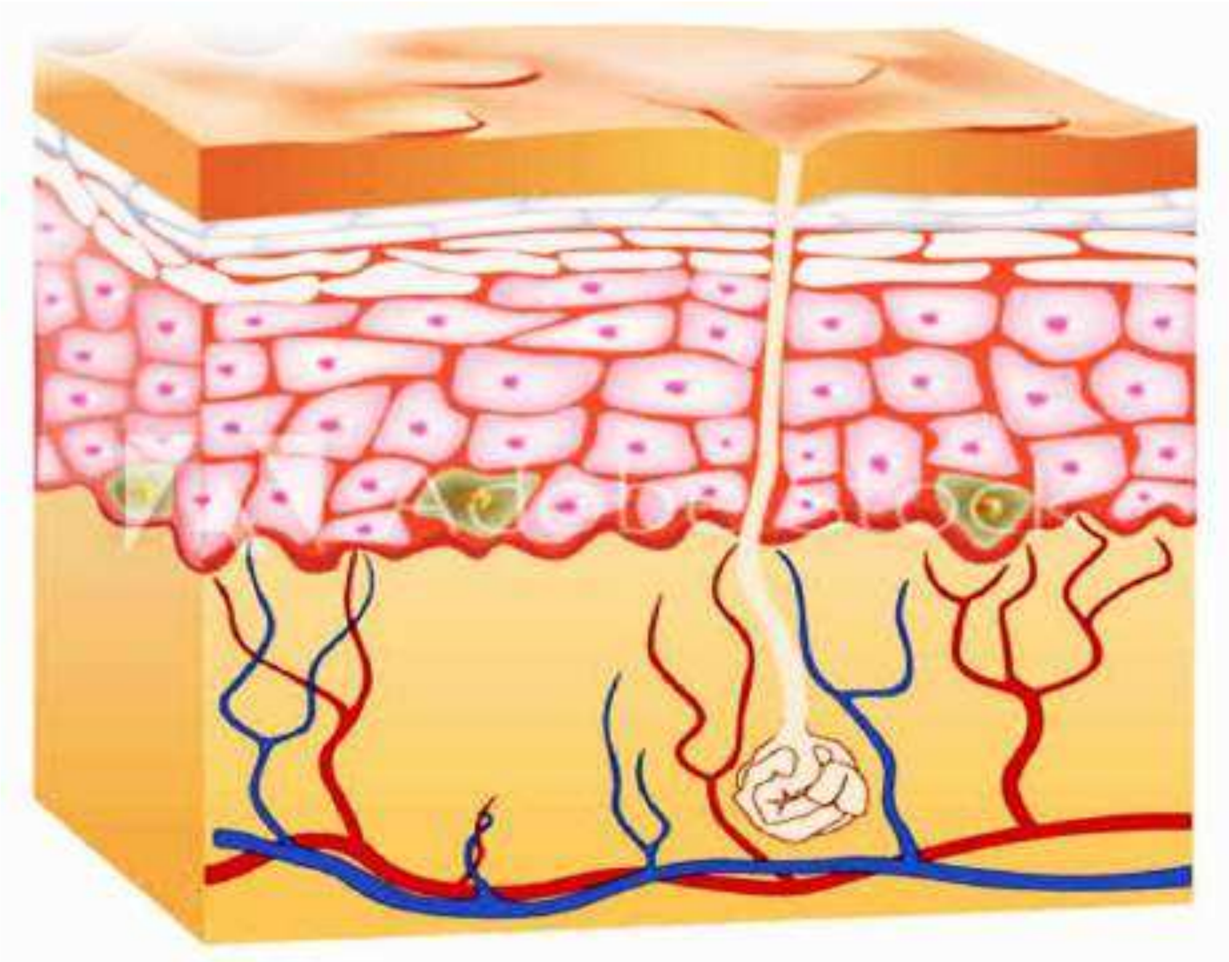
◈ Skin is made up of multiple layers, some are seen & others are under thesurface.

◈ Skin keeps temperature of our bodies constant.

◈ Skin protects our internal body organs.

Geel 2000 Lang

How must we protect our skin?



You must take care of your skin to stay healthy by:

1-Avoiding exposing skin too long to harmful sunrays.

2- By covering – up.

3- By using sunscreen.

Geel 2000

Worksheet

Tick (✓) the correct answer:

1- Skin is a/an ……. body part.

☐ seen ☐ unseen

2- Skin is the …… organ in the human body.

☐ smallest ☐ largest

3- Skin keeps the temperature of our bodies…….

☐ constant ☐ variable

4- We must keep our skin healthy by ……... exposure to harmful rays.

☐ avoiding ☐ allow

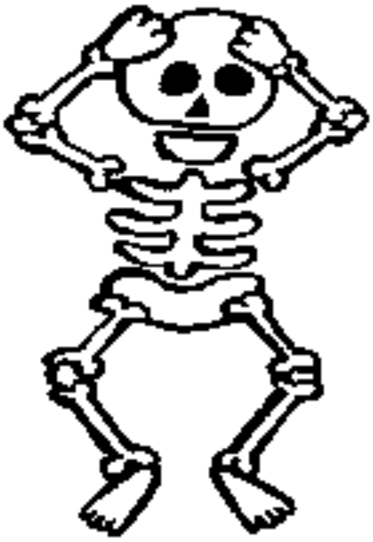
Mention the importance of our skin?

……………………………………………………………………

How can you protect our skin?

……………………………………………………………

Bones and Muscles



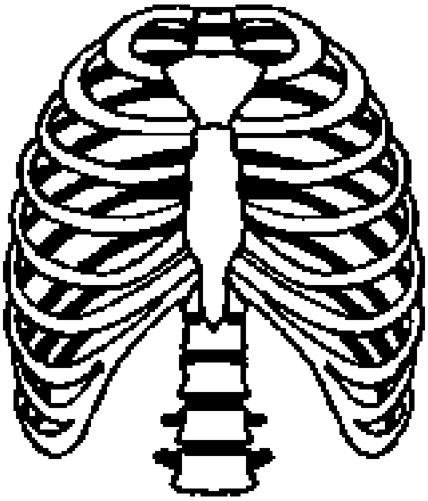
- **Bones and muscles work together to help you to move and do all the activities.**

- **Bones make up skeleton.**

- **When muscles move, the skeleton moves too.**

- Ribcage.

(Bones that protects the heart and the lungs)



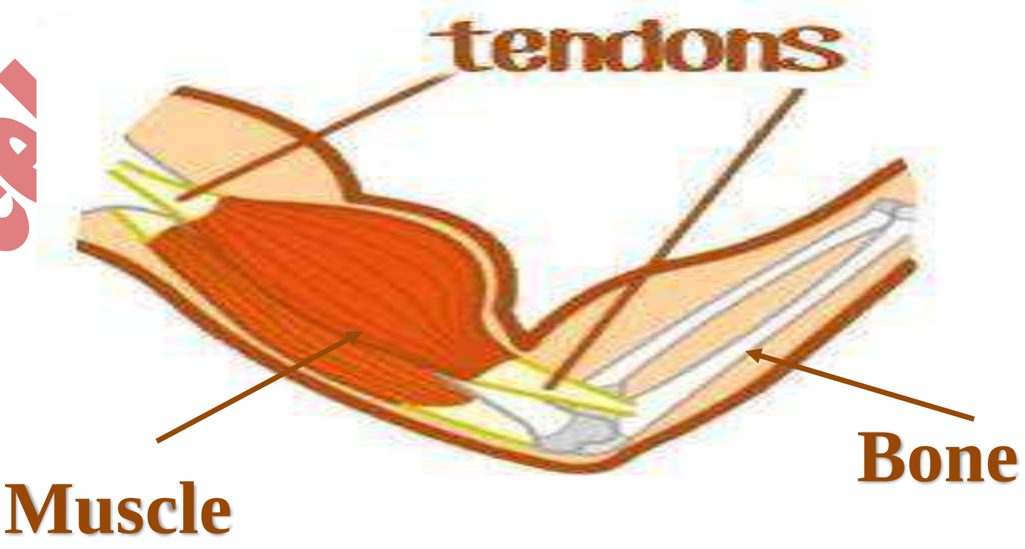
- Skull.

(Bones box that Protects the brain

Note:

-Tendons join bones with muscle.

- Brain and lung are soft organs.

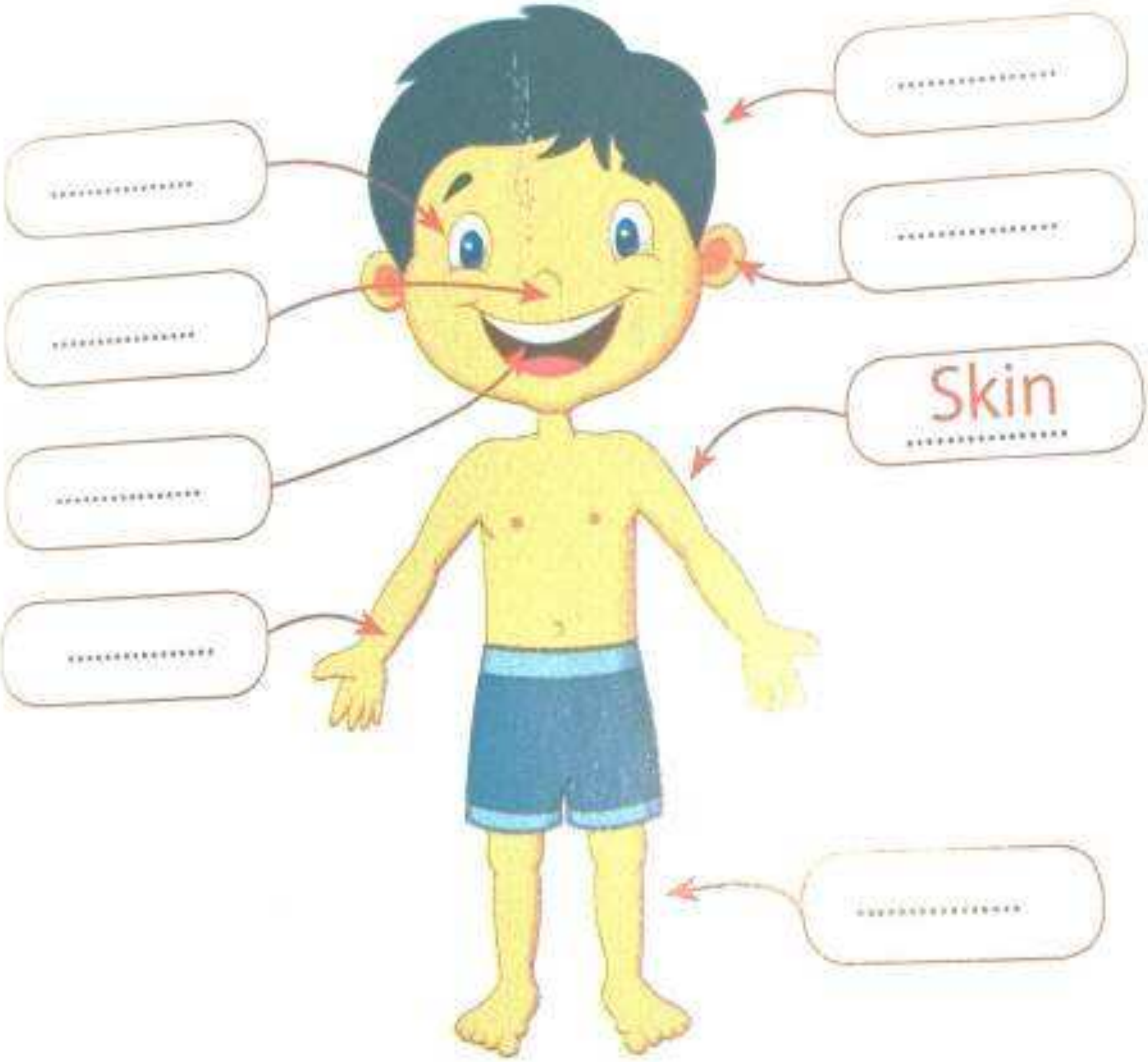

tendons
Muscle
Bone

Worksheet

Look at this diagram and choose the correct labels:

(Leg - Heart - Ear - Eye - Hand - muscles - mouth- Veins - Nose - Hair)

Schools



Worksheet

Tick (✓) the correct answer:

1- Your muscles and……….. work together to make you move.

☐ Heart ☐ bones

2- Bones make up your ………...

☐ Skeleton ☐ muscles

3- What is the soft organ that the skull protects?

☐ Ear ☐ Brain

4- ………. bones protect the heart and the lungs.

☐ Ribcage ☐ Skull

5- ……………. Connect (s) muscles with bones.

☐ Tendon ☐ Veins

Lesson (14)

Digestion

* It is the process that changes the food that we eat into a simpler form.

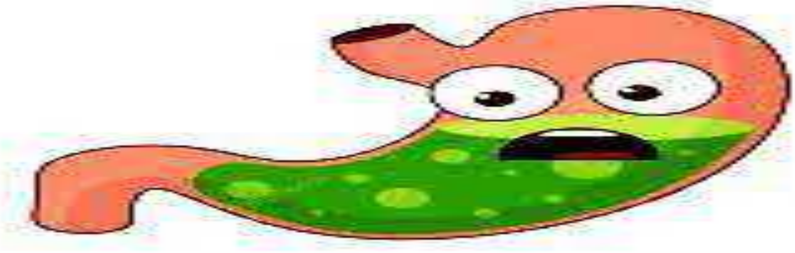
Our bodies give us signals when we need to eat.

Digestion starts in mouth by:

1-Chewing the food in our mouths by teeth to cut into smaller pieces and saliva soften the food to break down.

2- After swallowing the food, the muscles push food into the stomach.

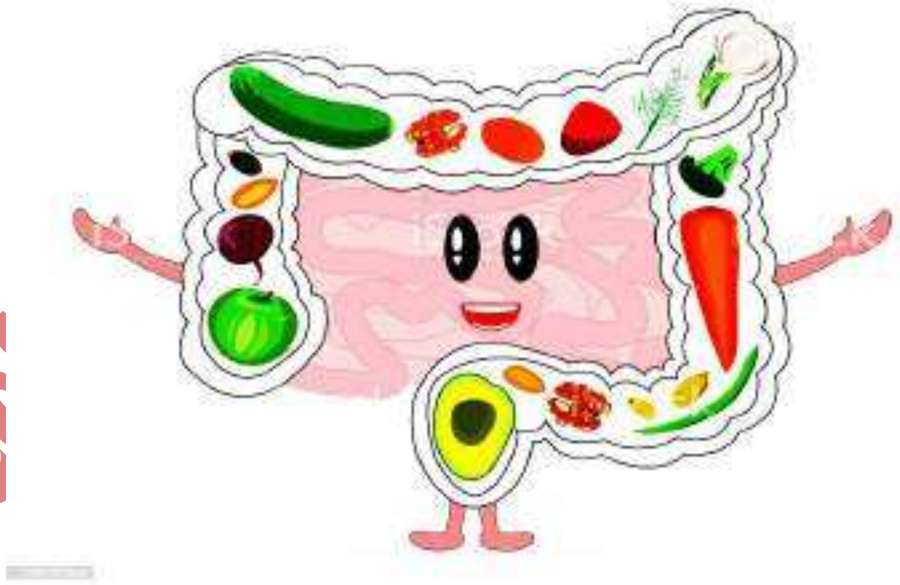
Stomach: is a large muscular organ.



3- Stomach stirs and squeezes food with the acidic juice (lemon juice)

4- The digested food leaves the stomach and moves to the intestine to continue digestion.

5-When food is digested, nutrients are carried away in the blood to give us energy.



Worksheet

Put (√) or (×):-

1- Digestion starts in stomach. (   )

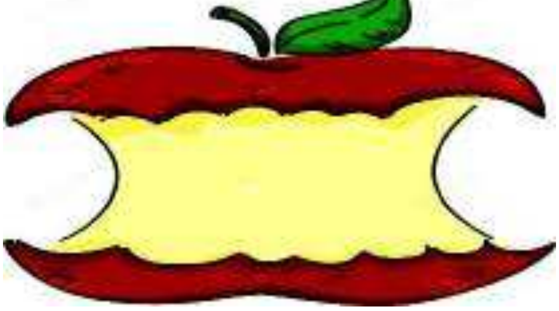
2- Stomach is a large muscular organ that helps to digest food. (   )

3-After you swallowing, bones push the food down to your stomach. (   )

4-Our food contains more nutrients that must be broken to provide us with energy. (   )

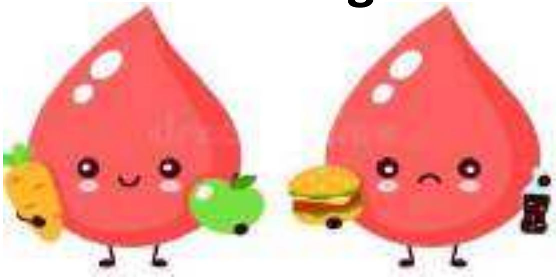
5- Our stomach contains saliva that mixes with food. (   )

6-We chew food using our teeth. (   )

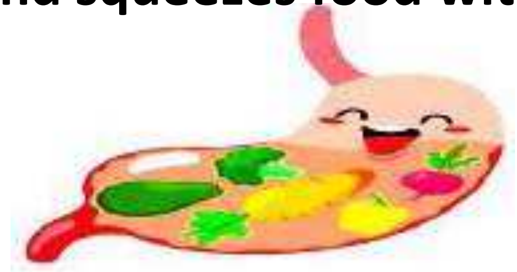


Rearrange the steps of digestion:

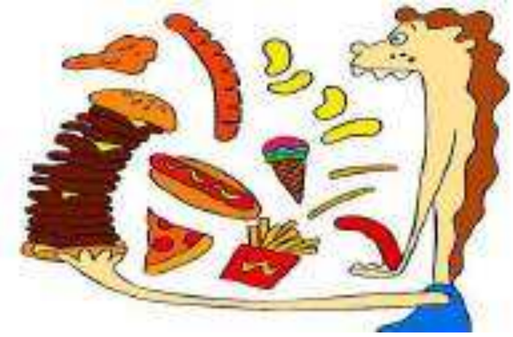
☐ Nutrients go to the blood to give us energy.



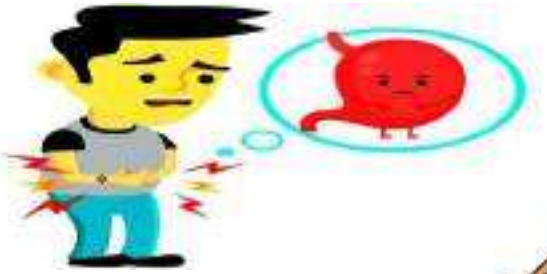
☐ Stomach stirs and squeezes food with acid.



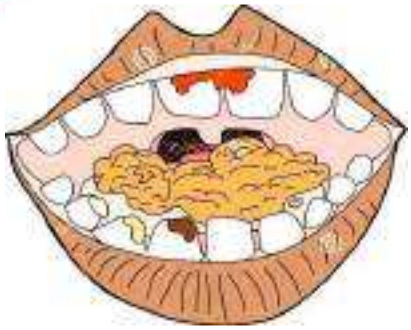
☐ Swallowing the food.



☐ Stomach grumbles when we need to eat.



☐ Chewing the food in our mouth.



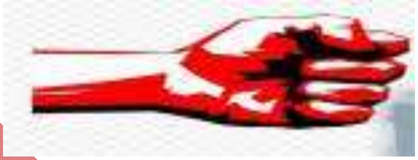
Lesson (15)

My Heart

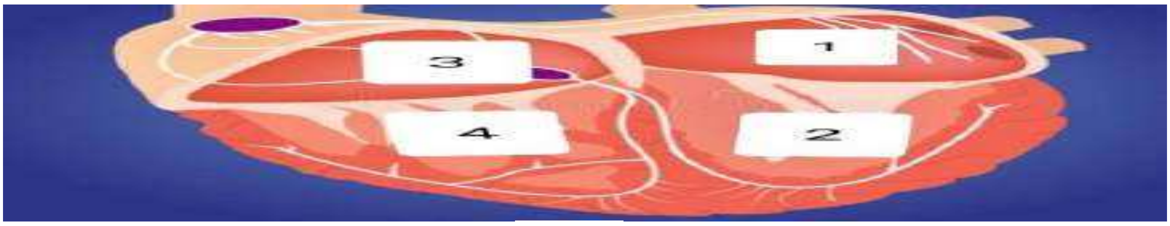
- **The heart is a muscular organ and strong organ.**

- **The heart is located between your two lungs inside your chest.**

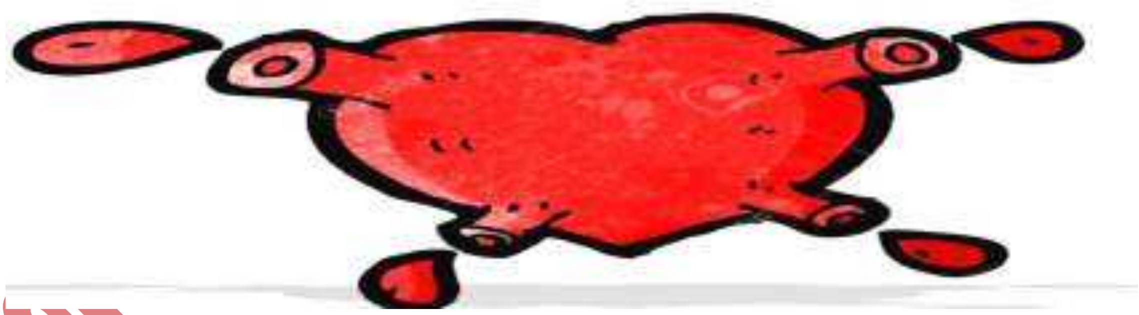
- **Heart is in the size of your fist.**



- Heart has four chambers, filled with blood when it expands or stretches.



- Heart pumps the blood to all the body parts.
- When the heart contracts or squeezes, it pushes blood out into blood vessels that run through the body.
- The heart beats many times per minute, each beat pushes blood through the body.



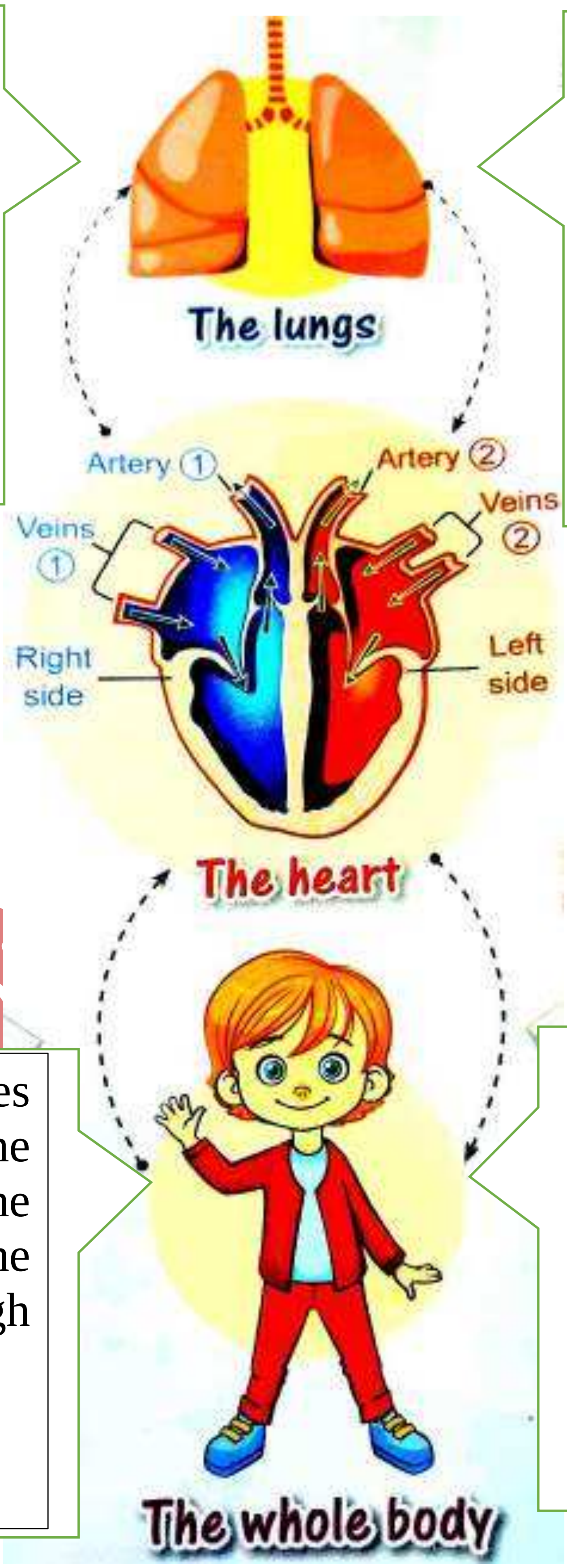
- Blood contains food and oxygen.

The path of blood through the heart

2- The heart pushes blood through artery to the lungs.

Oxygen from the air we breathe is added to the blood in the lungs.

3-Blood filled with oxygen travels from the lungs to the left side of the heart through veins.


The lungs
Artery ①
Artery ②
Veins ①
Veins ②
Right side
Left side
The heart
The whole body

1-Blood comes from all the body part to the right side of the heart through veins.

4- The heart pumps blood through artery to all the body parts.

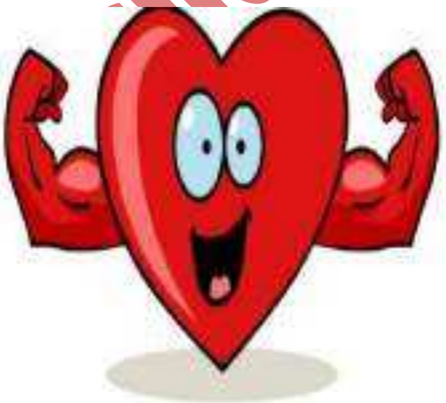
This blood carries the oxygen and other nutrients

Worksheet

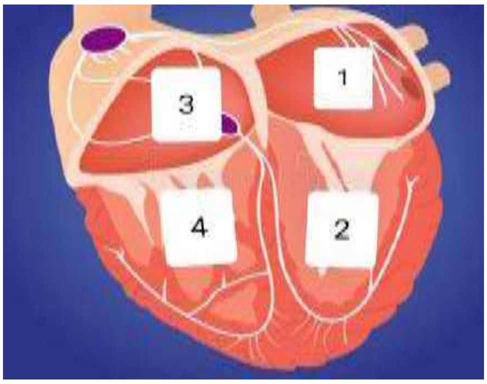
Match:

Heart is a strong organ.

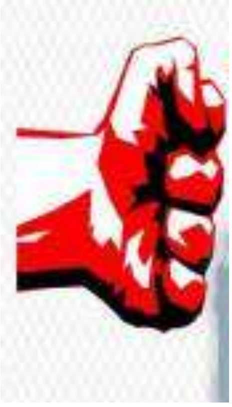
Heart is located in the middle of your chest

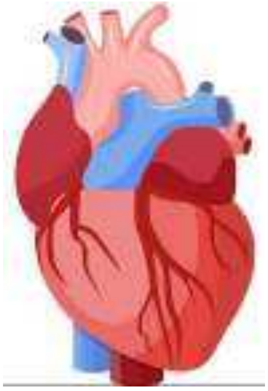


Heart is in the size of your fist.



Heart has four chambers.





◆What is the function of the following?

-HEART

....

- VEINS

....

-ARTERY

....

◆Choose the odd word

1-Heart –Artery –Mouth – Vein ( )

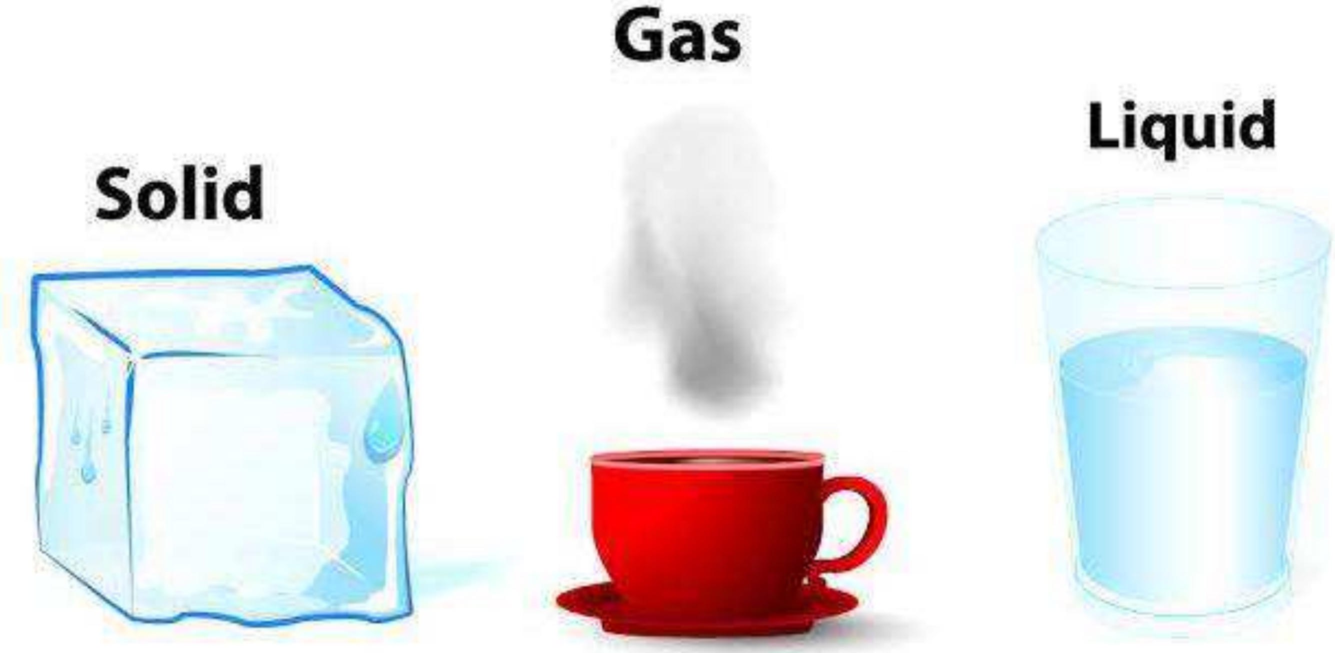
2-Stomach – Mouth - Eyes – Intestine ( )

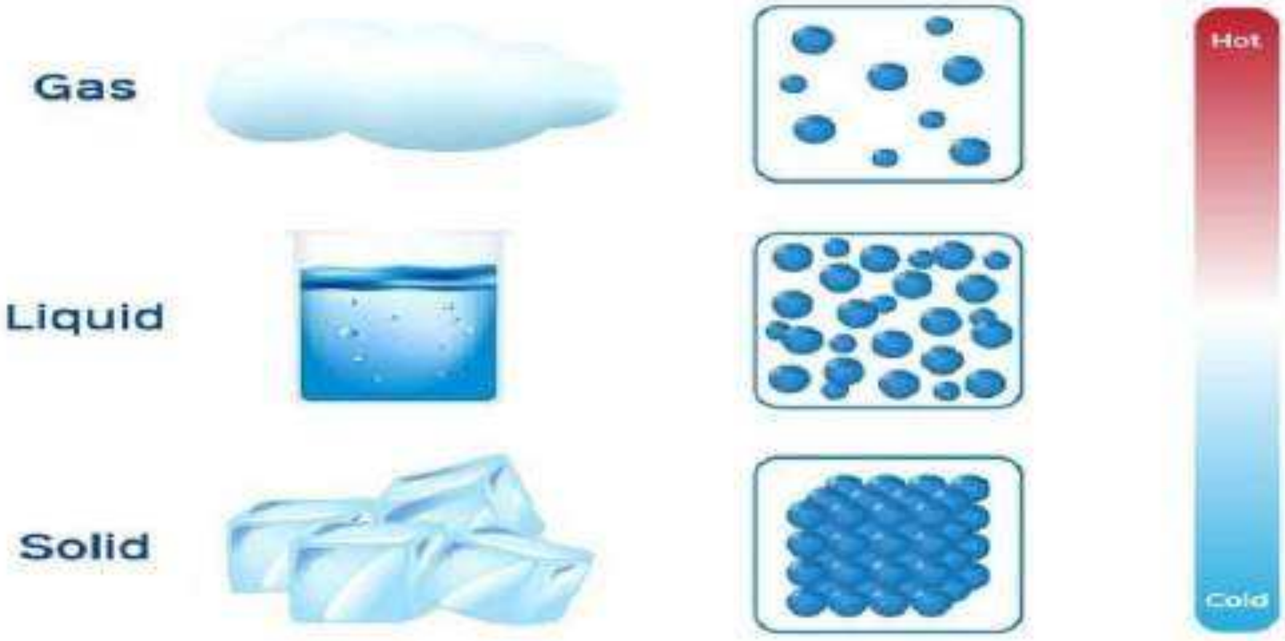
3-Apple- Carrot –burger –Meat ( )

Lesson (16)

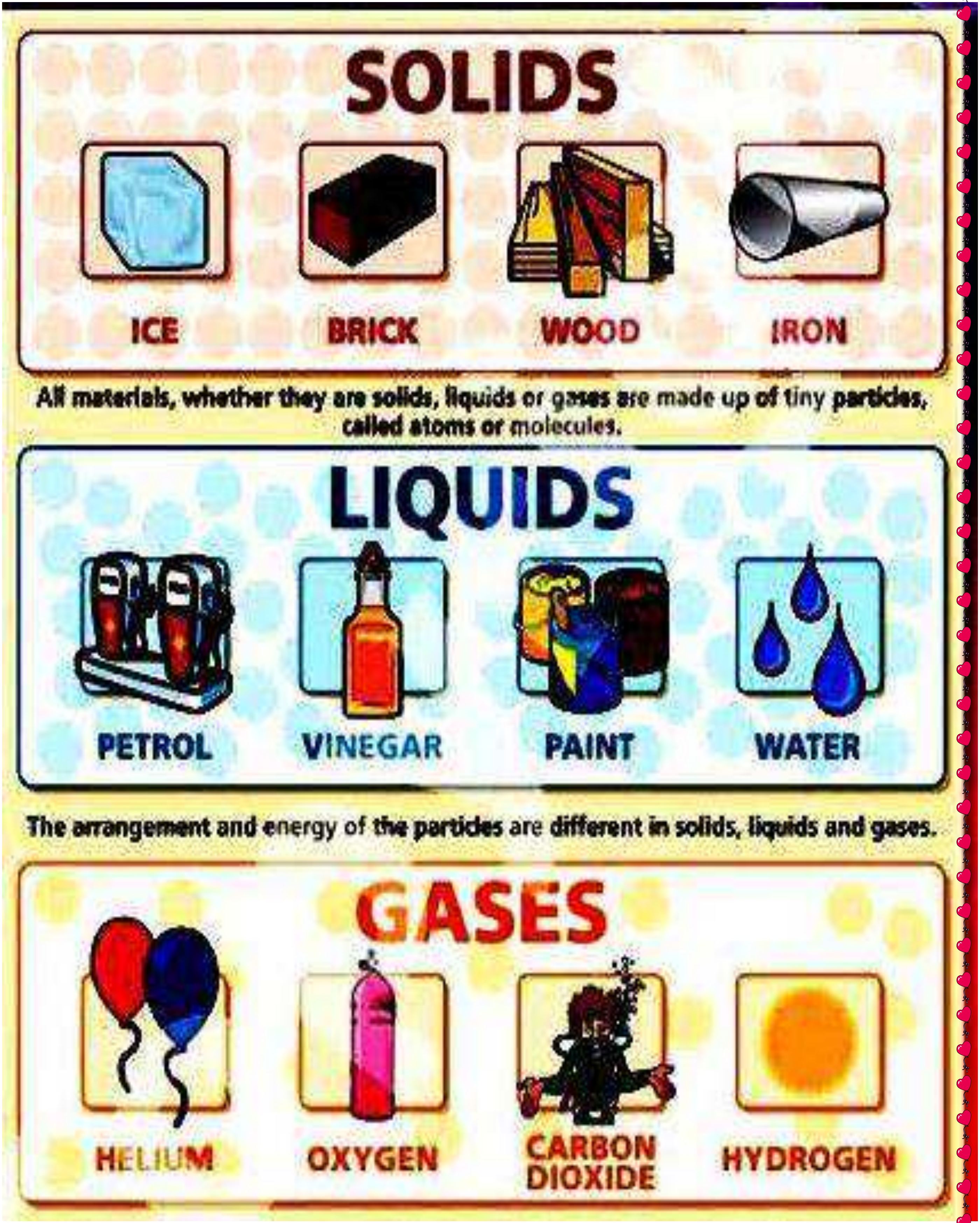
States of matter

There are three states of matter


Gas
Liquid
Solid


Gas
Liquid
Solid
Hot
Cold

Examples:



SOLIDS

ICE BRICK WOOD IRON

All materials, whether they are solids, liquids or gases are made up of tiny particles, called atoms or molecules.

LIQUIDS

PETROL VINEGAR PAINT WATER

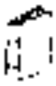
The arrangement and energy of the particles are different in solids, liquids and gases.

GASES

HELIUM OXYGEN CARBON DIOXIDE HYDROGEN

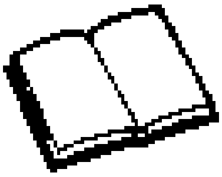
Draw the words into the correct column:

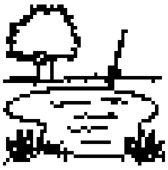
Solid	Liquid	Gas

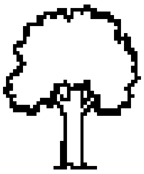
wind	river	wood	smoke	juice
table	steam	rain	 book	helium
soda	shoe	air	soap	apple

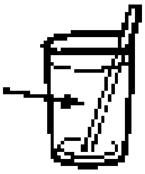
Worksheet

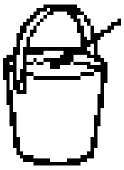
Put the word in the correct place

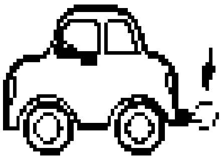
1. 

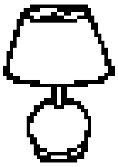
2. 

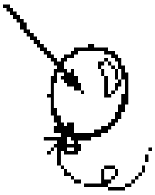
3. 

4. 

5. 

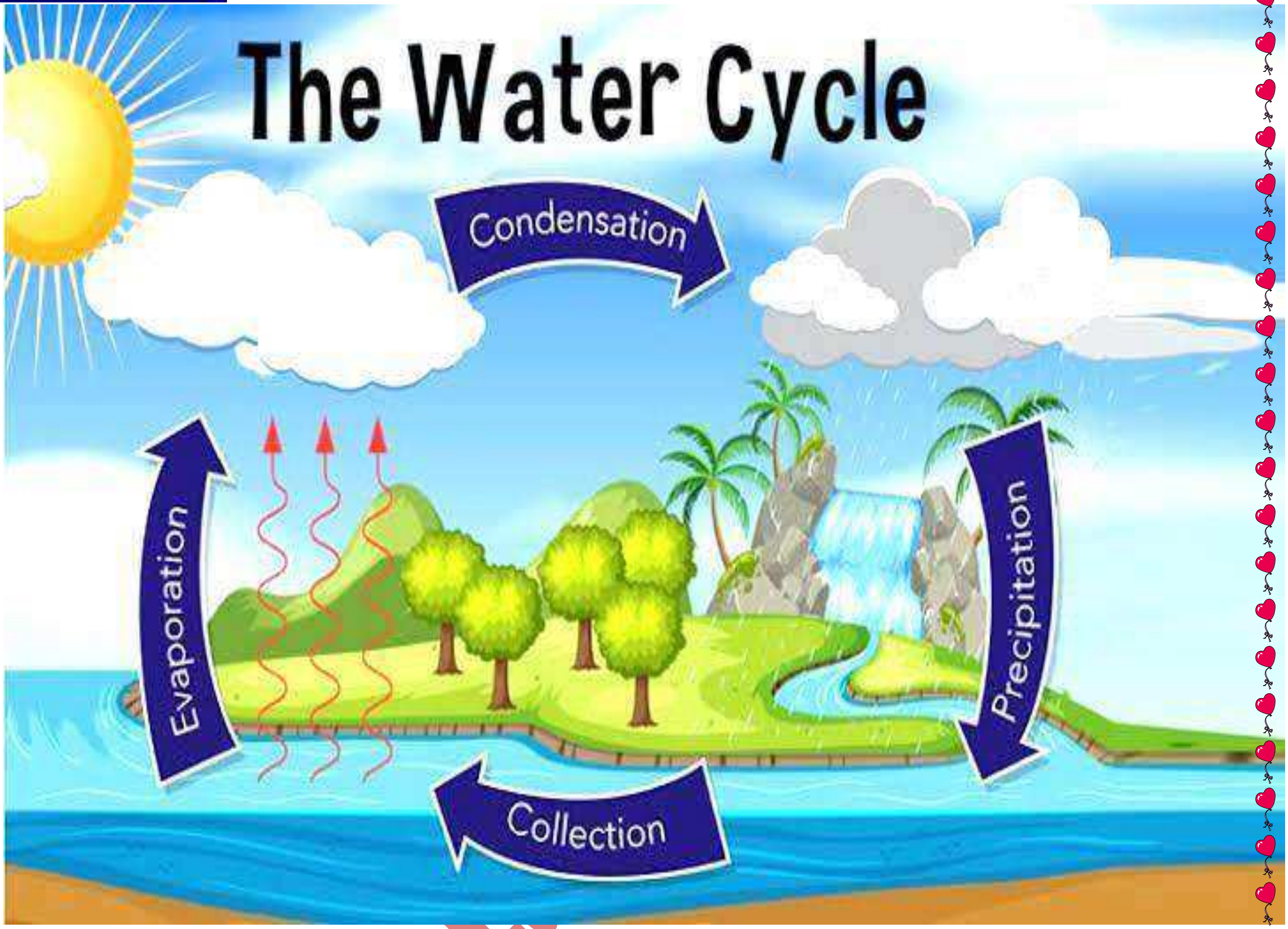
6. 

7. 

8. 

solid	liquid	gas	solid
liquid	gas	solid	liquid

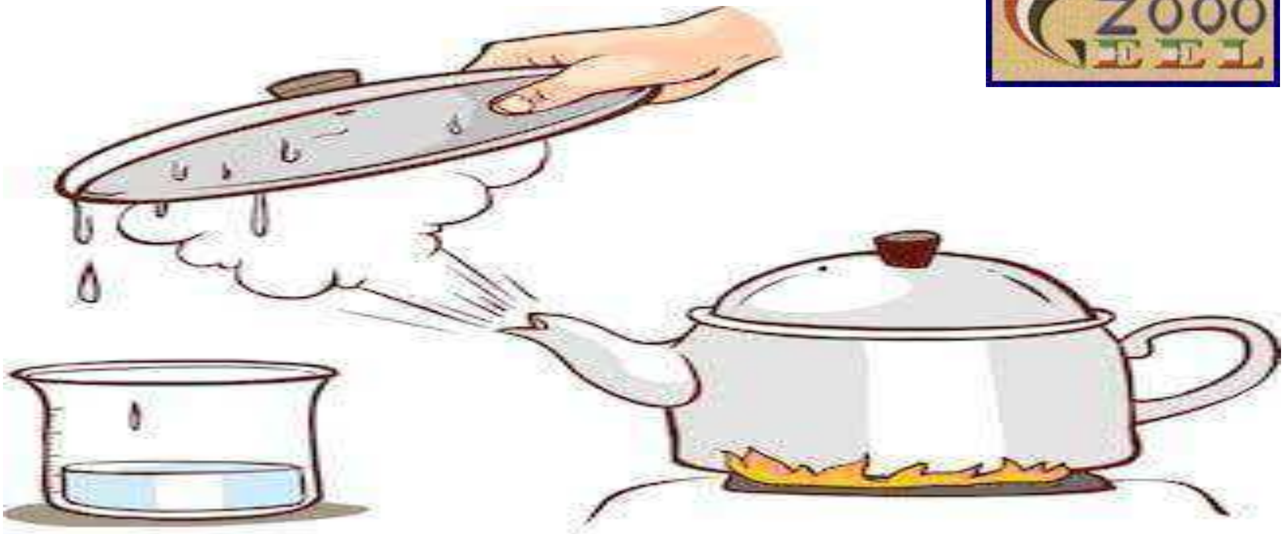
The water cycle in nature

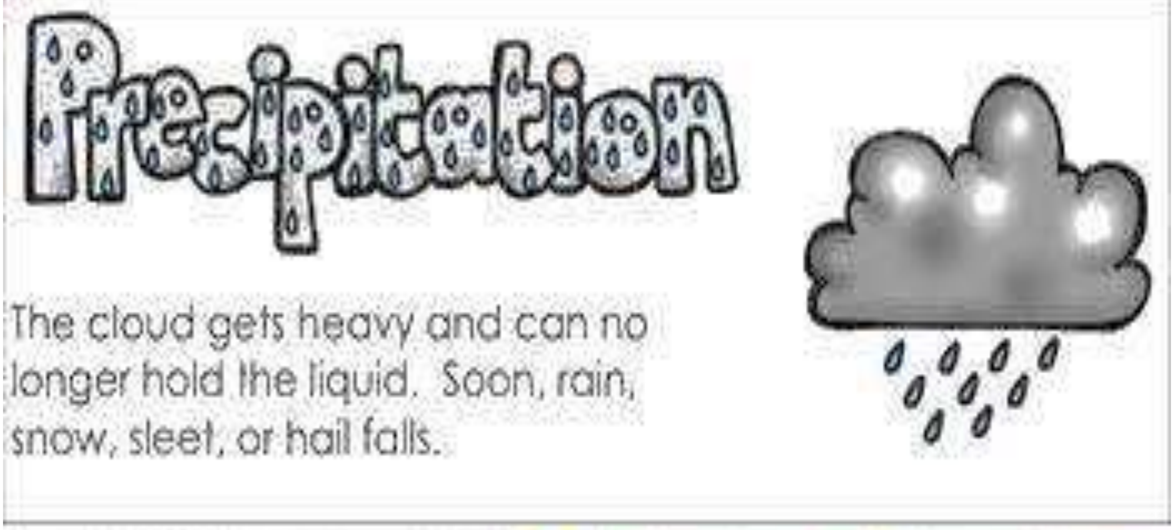

The Water Cycle
Condensation
Evaporation
Precipitation
Collection

Evaporation: it is the change of water into water vapour.

Evaporation

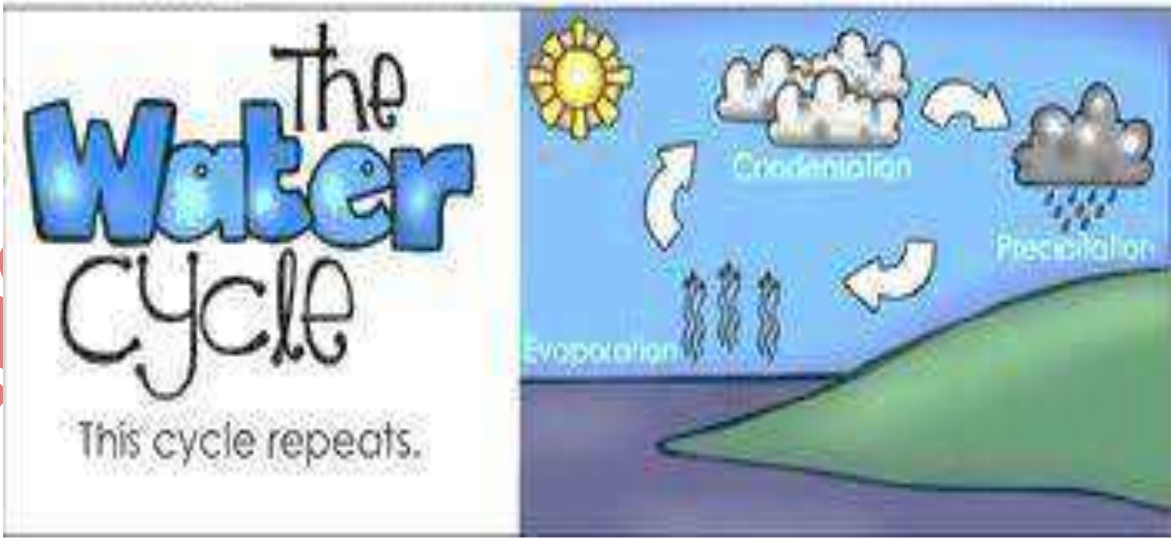
Condensation: it is the change of water vapor into water.





Precipitation

The cloud gets heavy and can no longer hold the liquid. Soon, rain, snow, sleet, or hail falls.



The Water Cycle

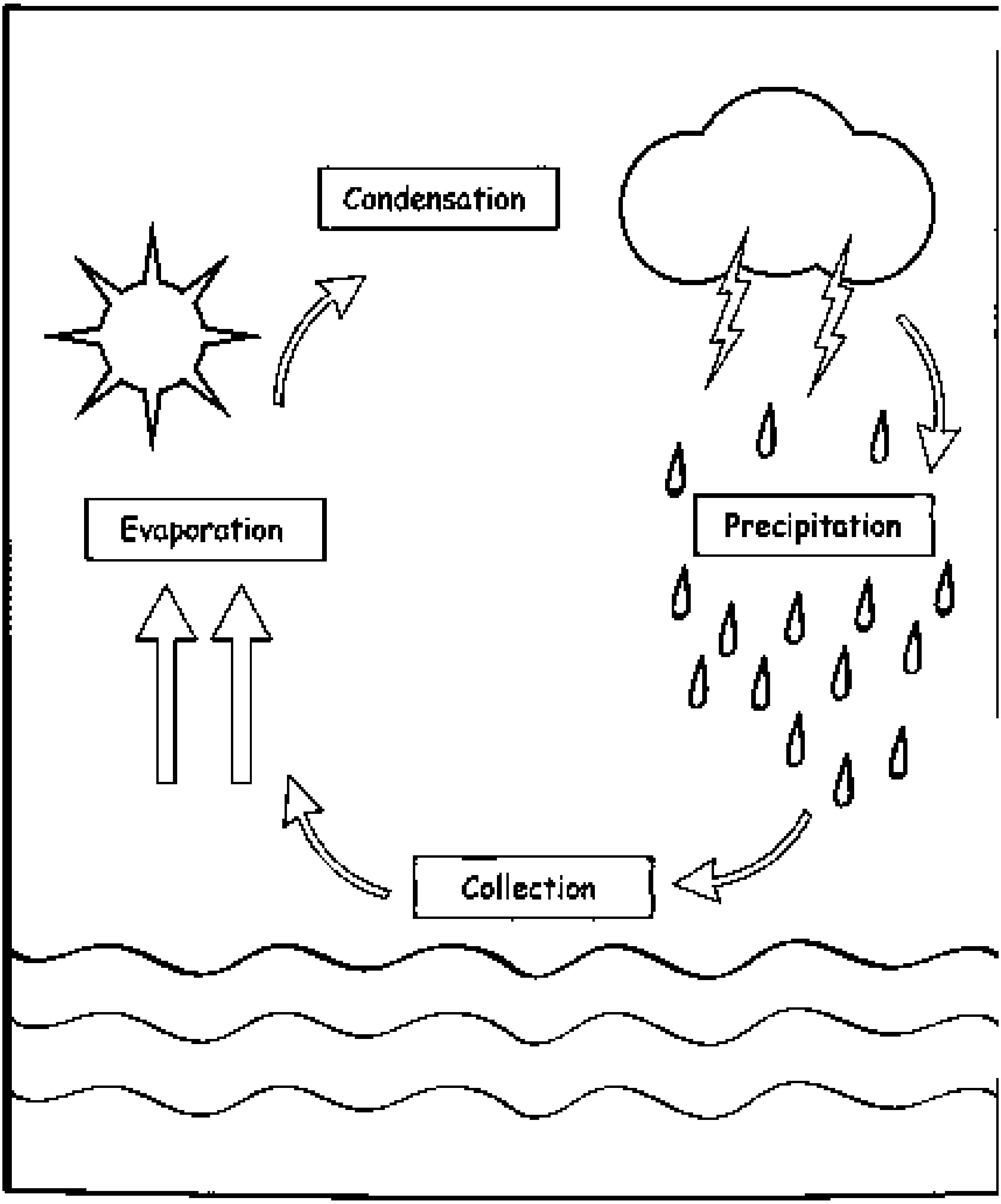
This cycle repeats.

Condensation
Precipitation
Evaporation

Worksheet

The Water Cycle

Color the picture. Talk about the picture

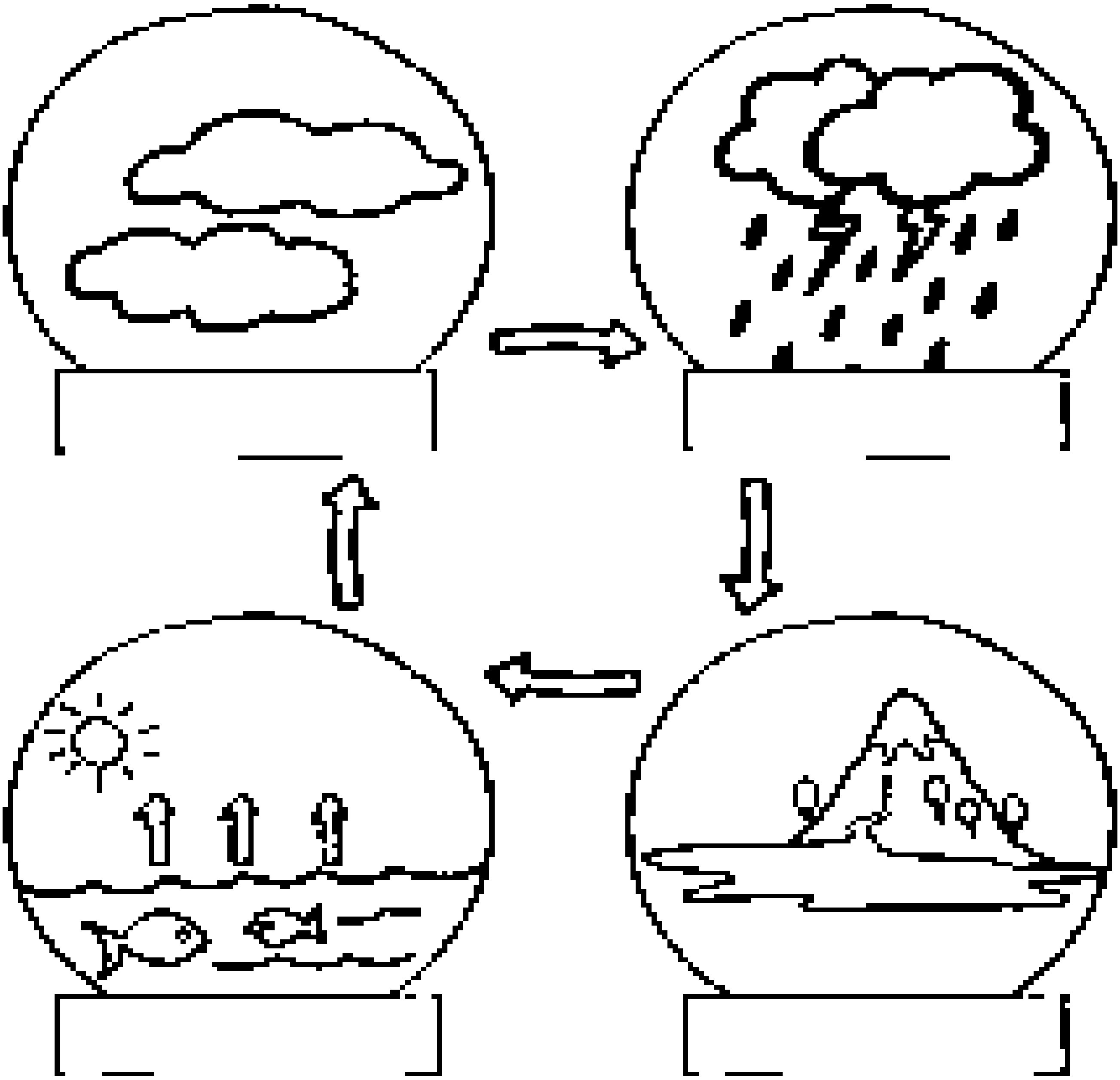

Condensation
Evaporation
Precipitation
Collection

Worksheet

Complete the cycle with these words:

(condensation – collection – evaporation -Precipitation)

ools



Write the scientific term using the following words:

(Evaporation –Condensation -Precipitation)

1- It is the change of Water vapor into water. (   )

2- The cloud gets heavy and can no longer hold the liquid so rain falls. (   )

3- It is the Change of water into water vapor. (   )

Lesson (18)

Why Water Matters

What are the benefits of water?

1-It keeps our bodies temperature constant.
2-It helps joints move properly.
3-It protects bones.
4- It gets rid of toxins and wastes.
5-It dissolves some vitamins.

SO we are “Hydrated” when we drink enough amount of water,that keeps our bodies function well.

What happens when we lose too much water?

We will

1- Feel thirsty.

2- Feel tired, dizzy and weak.

3-Have a headache.

3-Become dehydrated.

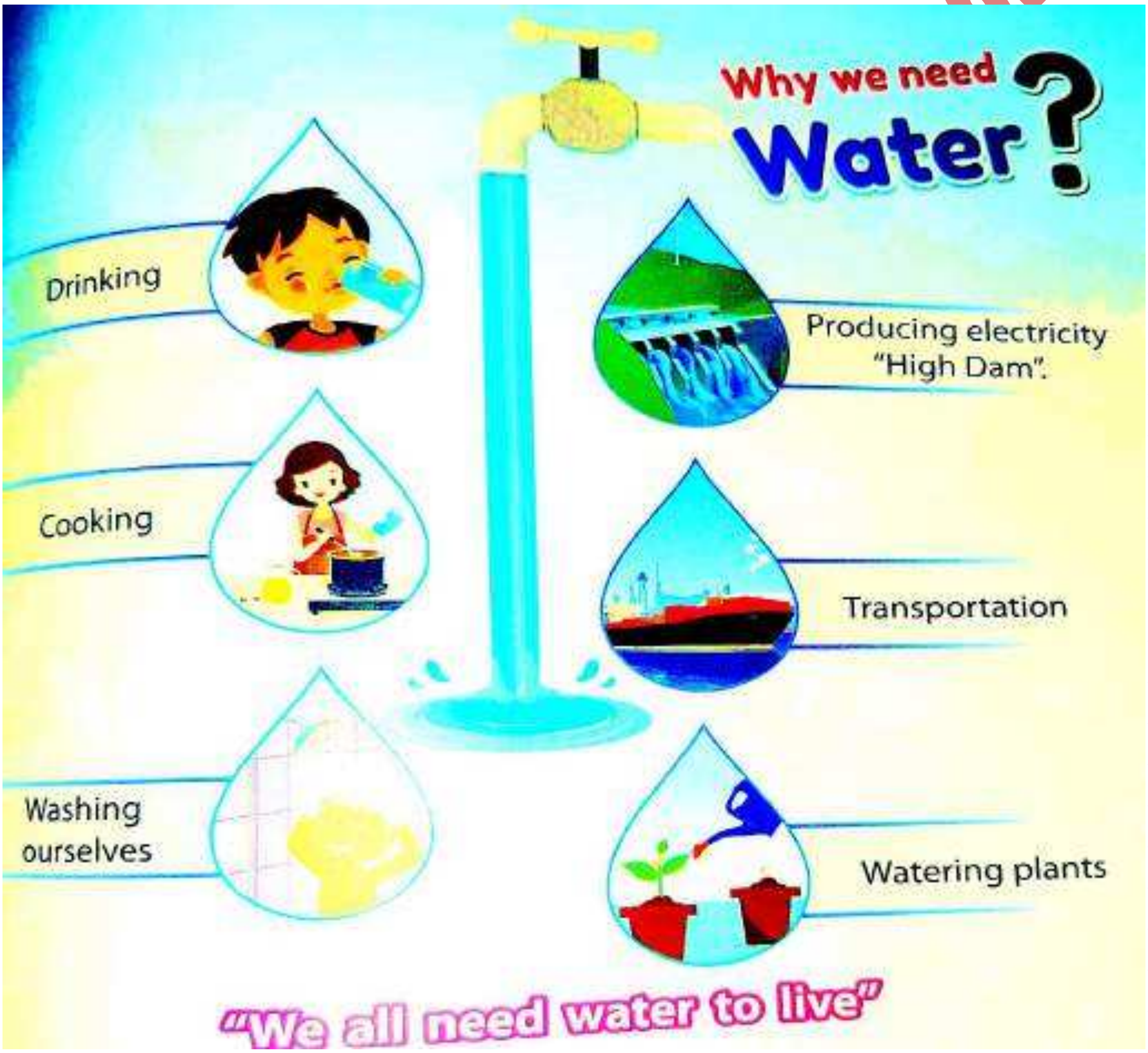
So we are “Dehydrated” when we lose too much water without replacing it. (We lose a lot of water during the day when we breath, sweat and when we go to the bathroom.)

Note:

1-You should drink 2 liters (8 cups) of water every day.

2-Water occupies most of our body.

Importance of water:


Why we need
Water?
Drinking
Producing electricity "High Dam".
Cooking
Transportation
Washing ourselves
Watering plants
"We all need water to live"

Worksheet

Choose the correct answer:

1-Water helps us to get rid of………. And wastes.

1-toxins 2-food 3-vitamins

2-We need to drink……...of water every day.

1-2cups 2-4cups 3-8cups

3-……………is when we drink enough amount of water, that keeps our bodies healthy.

1-Hydration 2-Dehydration

4-We lose water by…………..

1-drinking 2-sweating 3-eating

5-If we are dehydrated, we will feel……… and tired.

1-dizzay 2-healthy 3-happy

Science
Class

D.M.RAZK
موقع الدكتور محمد رزق معلم الكيمياء التعليمي

موقع الدكتور
محمد رزق
التعليمي

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Dr.Mo.RizK